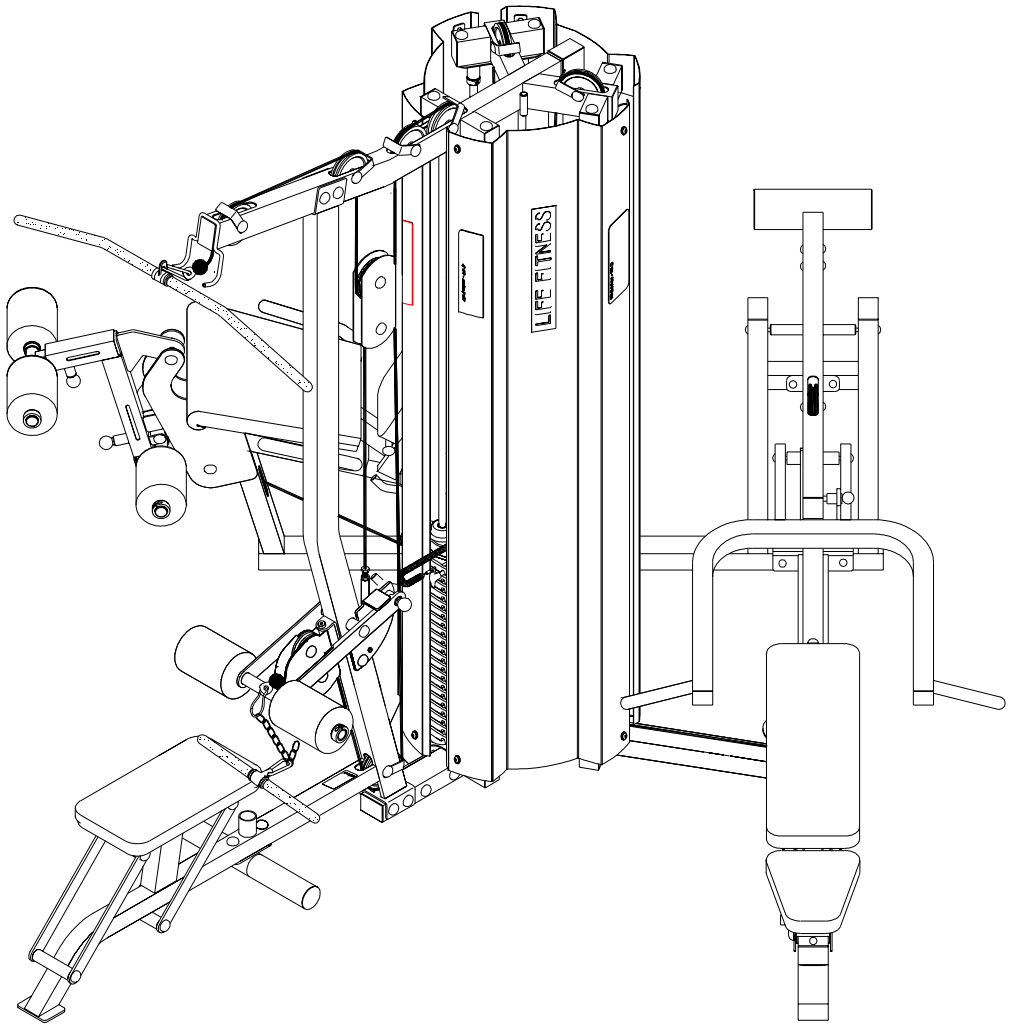
LifeFitness

FIT SERIES FIT-3
W/ LEG CURL/EXT



ASSEMBLY INSTRUCTIONS

MAIN UNIT PARTS LIST

KEY	PART #	DESCRIPTION	QTY
1	ACU04-1360	COUNTERBALANCE	1
2	ACU04-1367	FOOT REST	1
3	ACU04-1361	SEAT PAD SUPPORT	1
4	ACU04-1338	PRESS ARM	1
5	ACU04-1359	PIVOT ARM	1
6	ACU04-1358	MULTI PRESS SEAT ADJUST	1
7	ACU04-1362	BACK PAD SUPPORT	1
8	ACU04-1356	MULTI PRESS FRAME	1
9	ACU04-1355	TOWER UPRIGHT	1
10	ACU04-1352	TOWER BASE	1
11	ACU04-1365	LAT/LOW BOOM	1
12	ACU04-1364	KNEE HOLD DOWN	1
13	ACU04-1368	LAT/LOW SEAT	1
14	ACU04-1363	LAT/LOW FRAME	1
15	ACU04-1354	SHROUD BRACKET	3
16	ACU02-1306	SHROUD SUPPORT BRACKET	3
17	ACU04-1366	SWIVEL PULLEY	1
18	ACU02-1294	MULTI PRESS PLATE	2
19	ACU02-1321	LAT/LOW PLATE	4
20	ACU04-1385	MULTI-PRESS ADJUST PLATE	1
21	ACU02-1320	LAT/LOW ADJUST PLATE	1
22	ACU05-0313	1/2 X 3" SHOULDER BOLT	1
23	ACU02-1296	DUAL PULLEY PLATE	2
24	ACU01-2028	MULTI PRESS SLIDE TUBE	1
25	ACU05-0351	PILLOW BLOCK	2
26	ACU06-0025	4-1/2" PULLEY	14
27	ACU06-0024	3-1/2" PULLEY	1
28	ACU02-1304	2-7/8 X 2-1/4" CABLE CLIP	7
29	ACU02-0078	3-1/2 X 1" CABLE CLIP	1
30	ACU05-0349	3/4 X 3-1/8" TAPPED SHAFT	1
31	ACU06-0371	3" ACCORDIAN SLEEVE	2
32	ACU06-0304	3/4 X 2" WEIGHT STACK CUSHION	6
33	ACU01-2155	GUIDE ROD	6
34	ACU72925	WEIGHT PLATE	60
35	ACU06-0382	2-3/8" OD PLASTIC WASHER	4
36	ACU10-0204ASY	HEAD PLATE	3
37	ACU05-0356	PILLOW BLOCK SPACER	4
38	ACU11-0067	WEIGHT STACK PIN	3
39	ACU05-0212	13/16" SHAFT COLLAR	6
40	ACU06-0388	1-1/4" SHAFT COLLAR	2
41	ACU05-0348	5-1/2" PIVOT SHAFT	7
42	ACU07-0157	LAT SEAT PAD	1
43	ACU07-0156	MULTI PRESS BACK PAD	1
44	ACU08-0077	3/8 X 1" FLANGE SPACER	1
45	ACU10-0215	5 X 8" ROLLER PAD	2
46	ACU08-0085	3/8 X 1/2" FLANGE SPACER	16
47	ACU05-0350	3/8 X 1/2" SPACER	1
48	ACU08-0078	3/8 X 3/4" FLANGE SPACER	1
49	ACUDA1C03804316NU	3/8 X 25mm BOLT	3
50	ACUDA1C03803216NU	3/8 X 32mm BOLT	2
51	ACUDA1C03804316NU	3/8 X 43mm BOLT	10
52	ACUDA1C03804316YU	3/8 X 43mm BOLT W/LOCTITE	2
53	ACUDA1C03805016NU	3/8 X 50mm BOLT	3
54	ACUDA1C03806116NU	3/8 X 61mm BOLT	4
55	ACUDA1C03806716NU	3/8 X 67mm BOLT	10
56	ACUDA1C03807016NU	3/8 X 70mm BOLT	7
57	ACUDA1C03807316NU	3/8 X 73mm BOLT	5
58	ACUDA1C03809016NU	3/8 X 90mm BOLT	17
59	ACUDA1C03809716NU	3/8 X 97mm BOLT	4
60	ACUDA1C03810616NU	3/8 X 106mm BOLT	2
61	ACUDA1C03816416NU	3/8 X 164mm BOLT	7
62	ACUDAEC03802516NB	3/8 X 25mm BUTTON HEAD BOLT	12
63	ACUDAEC03807616NB	3/8 X 76mm BUTTON HD BOLT	4
64	ACUDC1250100020B	3/8" BLACK SAE WASHER	16
65	ACUDB2E03807200U	3/8" LOW HEIGHT LOCK NUT	69
66	ACUDC120010510U	3/8" SAE WASHER	145
67	ACU05-0310	3/8" RH WASHER	135
68	ACU06-0357	BLACK RH CAP	43
69	ACU06-0357	WHITE RH CAP	92
OR	ACU06-0357	PLATINUM RH CAP	92
70	ACU07-0158	MULTI PRESS SEAT PAD	1
71	ACU13-0122	LAT CABLE	1
72	ACU13-0123	ROW CABLE	1
73	ACU13-0121	MULTI-PRESS CABLE	1
74	ACU73086	WEIGHT STACK LABEL	3
75	ACU04-1353	STORAGE UPRIGHT	1
76	ACU03-0340	STORAGE PEG	2
77	ACU05-0193	12 LINK CHAIN	1
78	ACUDI1080080U	SNAP LINK	3
79	ACU04-1386	LAT BAR	1
80	ACU04-0622	LOW ROW BAR	1
81	ACU10-0205BLK	MULTI PRESS SHROUD	1
82	ACU10-0205BLK	LAT SHROUD	1
83	ACU03-0536	5-1/2" TAPPED PIVOT SHAFT	1

LEG CURL/EXT PARTS LIST

KEY	PART #	DESCRIPTION	QTY
84	ACU13-0124	LEG CURL/EXT CABLE	1
85	ACU10-0205BLK	LEG CURL/EXT SHROUD	1
86	ACU02-1329	LEG CURL/EXT ADJ PLATE	1
87	ACU04-1372	LEG CURL/EXT PEDESTAL	1
88	ACU04-1376	LEG CURL HANDLE	1
89	ACU04-1374	LEG EXT HANDLE	1
90	ACU04-1373	LEG CURL/EXT BACK	1
91	ACU04-1375	LEG CURL/EXT SEAT	1
92	ACU04-1369	LEG CURL/EXT FRAME	1
93	ACU06-0025	4-1/2" PULLEY	3
94	ACU06-0024	3-1/2" PULLEY	1
95	ACU02-1304	2-7/8 X 2-1/4" CABLE CLIP	1
96	ACU06-0382	2-3/8" OD PLASTIC WASHER	8
97	ACU10-0215	5 X 8" ROLLER PAD	4
98	ACU06-0388	1-1/4" SHAFT COLLAR	4
99	ACU08-0010	3/8 X 1/2" FLANGE SPACER	2
100	ACU08-0081	3/8 X 1" SPACER	2
101	ACU06-0375	3/8 X 3" NYLON SPACER	1
102	ACU06-0396	3/8 X 4" NYLON SPACER	1
103	ACUDA1C03803216NU	3/8 X 32mm BOLT	4
104	ACUDA1C03804316NU	3/8 X 43mm BOLT	4
105	ACUDA1C03807016NU	3/8 X 70mm BOLT	1
106	ACUDA1C03808216NU	3/8 X 82mm BOLT	1
107	ACUDA1C03809016NU	3/8 X 90mm BOLT	2
108	ACUDA1C03809716NU	3/8 X 97mm BOLT	8
109	ACUDA1C03820416NU	3/8 X 204mm BOLT	1
110	ACUDAEC03820316NB	3/8 X 203mm BUTTON HD BOLT	1
111	ACUDB2E03807200B	3/8 " BLACK LOCK NUT	1
112	ACUDB2E03807200U	3/8" LOW HEIGHT LOCK NUT	16
113	ACUDC120010510U	3/8" SAE WASHER	37
114	ACU05-0310	3/8" RH WASHER	33
115	ACU06-0357	BLACK RH CAP	10
116	ACU06-0357	WHITE RH CAP	23
OR	ACU06-0357	PLATINUM RH CAP	23
117	ACU07-0159	LEG CURL/EXT BACK PAD	1
118	ACU07-0160	LEG CURL/EXT SEAT PAD	1
119	ACU04-1371	LEG CURL ROLLER PAD SUPPORT	1
120	ACU04-1370	LEG EXT ROLLER PAD SUPPORT	1
121	ACU05-0312	5/16 X 1/2" SHOULDER BOLT	2
122	ACUPLAC-LEGEXT	LEG CURL/EXT PLACARD	1

***Parts must be specified in the desired color as they come in both white and platinum, the codes are as follows:

White=WHT

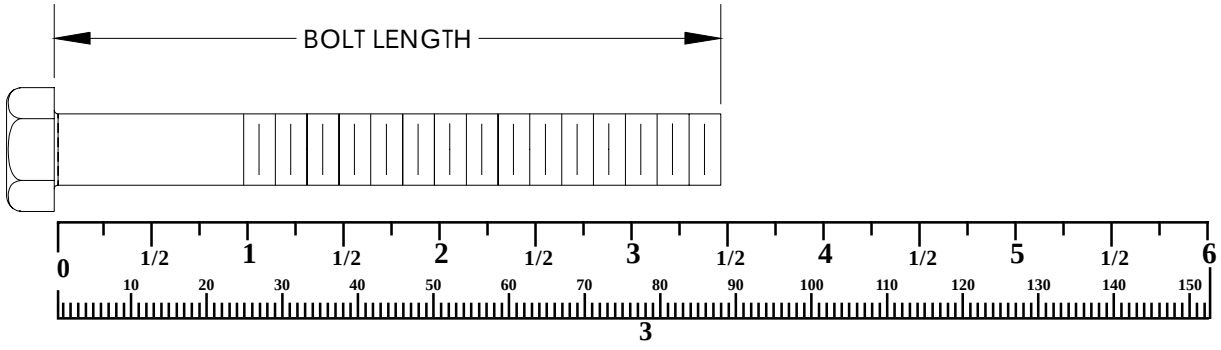
Platinum=PLAT

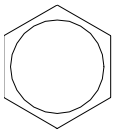
Tools Required for Assembly

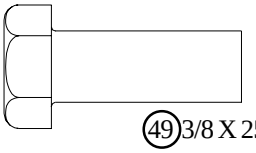
* 9/16" wrench
* Ratchet with 9/16" socket
* Metric Allen wrench set

Bolt Length Ruler

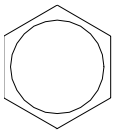
NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.

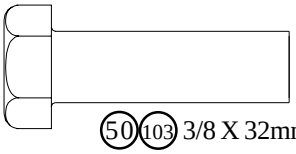




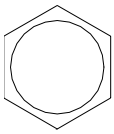


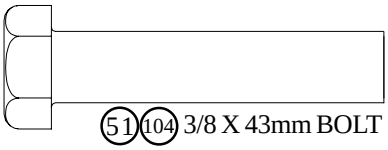
49 3/8 X 25mm BOLT



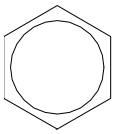


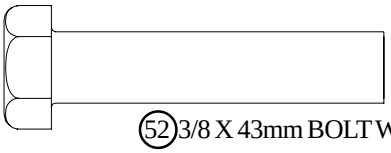
50 103 3/8 X 32mm BOLT



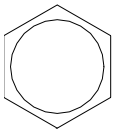


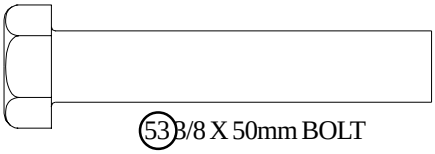
51 104 3/8 X 43mm BOLT



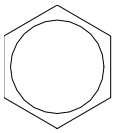


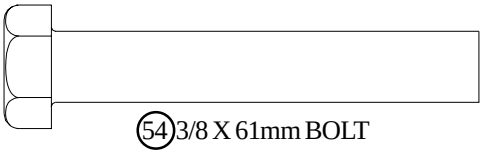
52 3/8 X 43mm BOLT W/NYLOCK



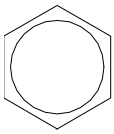


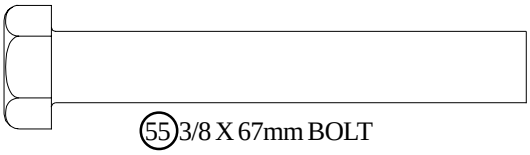
53 3/8 X 50mm BOLT



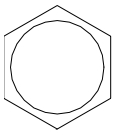


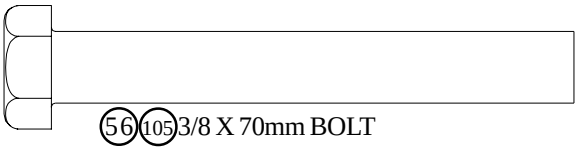
54 3/8 X 61mm BOLT



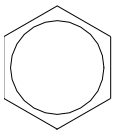


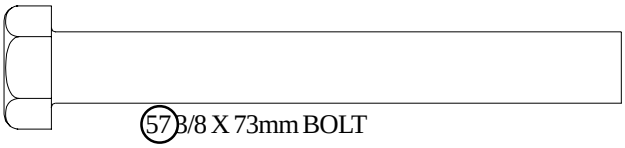
55 3/8 X 67mm BOLT



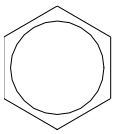


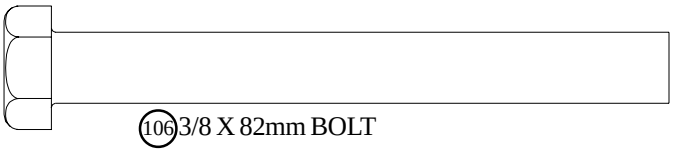
56 105 3/8 X 70mm BOLT



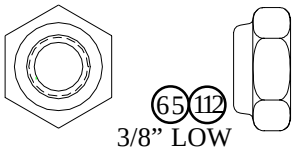


57 3/8 X 73mm BOLT

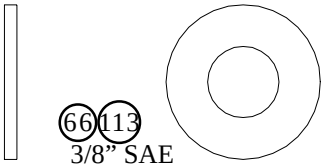




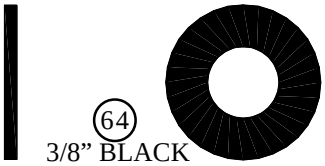
106 3/8 X 82mm BOLT



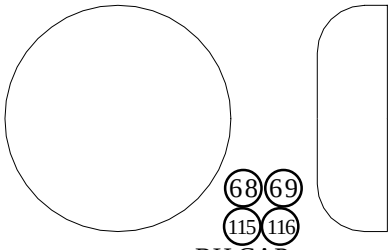
65 112 3/8” LOW HEIGHT LOCK NUT



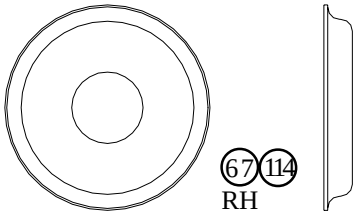
66 113 3/8” SAE WASHER



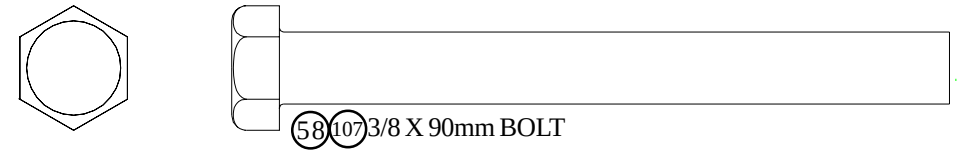
64 3/8” BLACK SAE WASHER



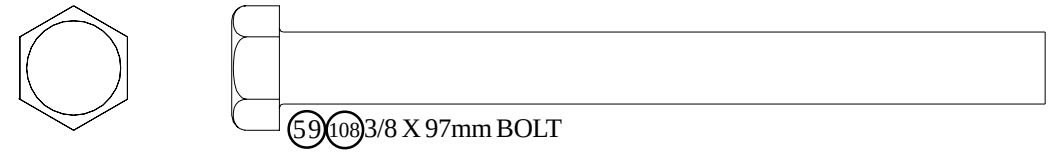
68 69 115 116 RH CAP (WHITE/PLATINUM/BLACK)



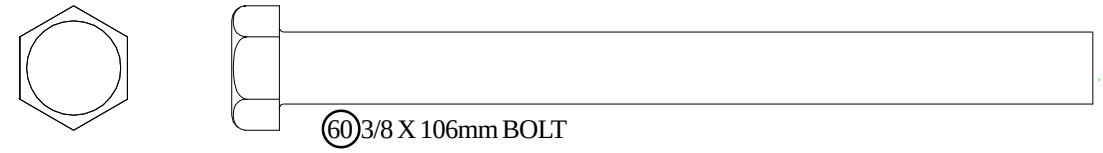
67 114 RH WASHER



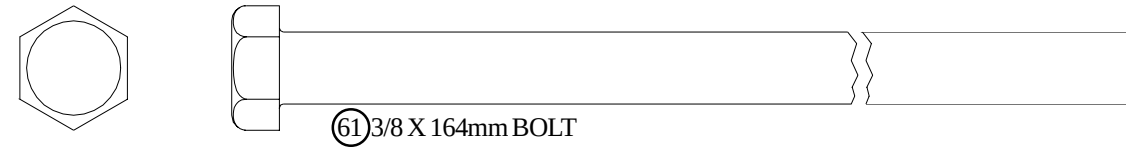
58 107 3/8 X 90mm BOLT



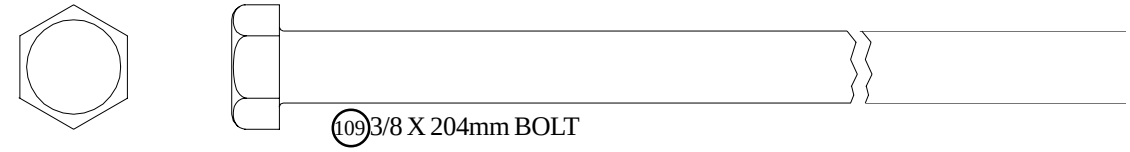
59 108 3/8 X 97mm BOLT



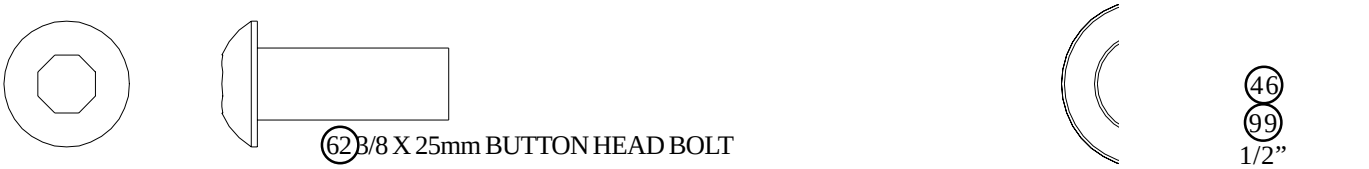
60 3/8 X 106mm BOLT



61 3/8 X 164mm BOLT



109 3/8 X 204mm BOLT



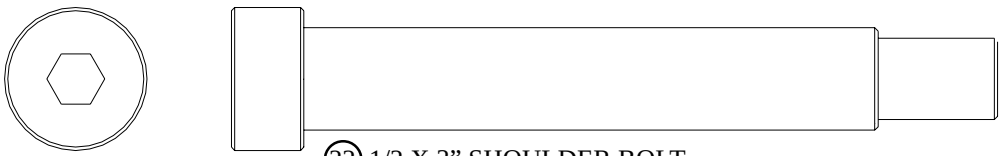
62 3/8 X 25mm BUTTON HEAD BOLT

46
99
1/2”
FLANGE SPACER

63 3/8 X 76mm BUTTON HEAD BOLT

48
3/4”
FLANGE SPACER

110 3/8 X 203mm BUTTON HEAD BOLT



22 1/2 X 3” SHOULDER BOLT

44
1”
FLANGE SPACER

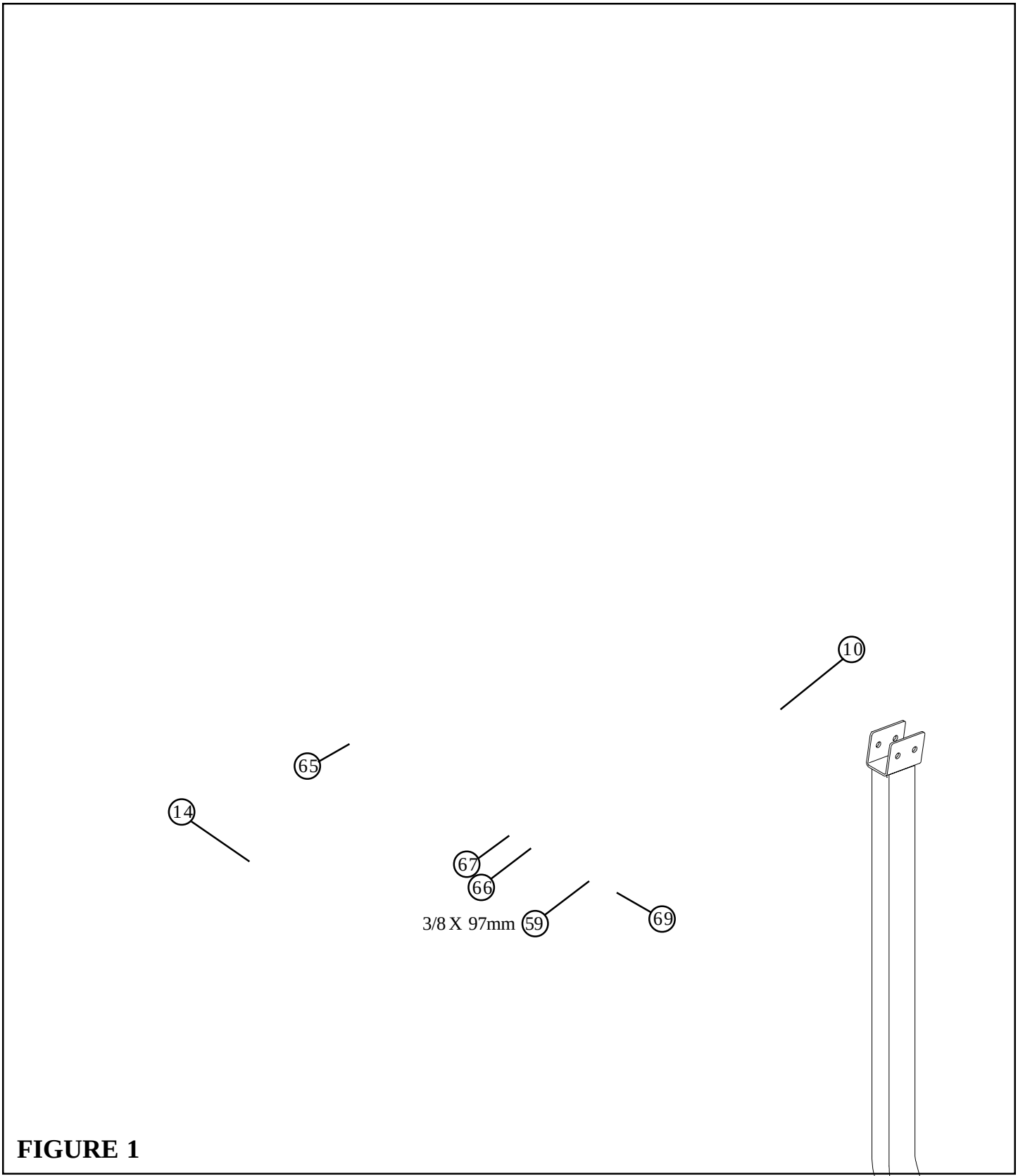
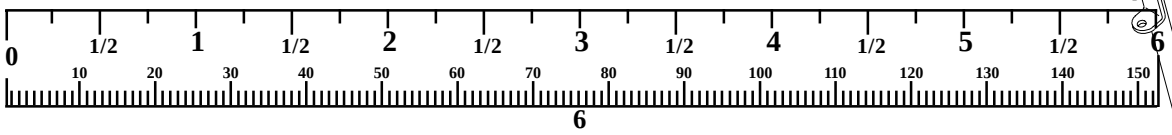


FIGURE 1

STEP 1:

• **LOOSELY** assemble the LAT/LOW FRAME (14) to the TOWER BASE (10) using four RH CAPS (69), two 3/8 X 97mm BOLTS (59), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 1.



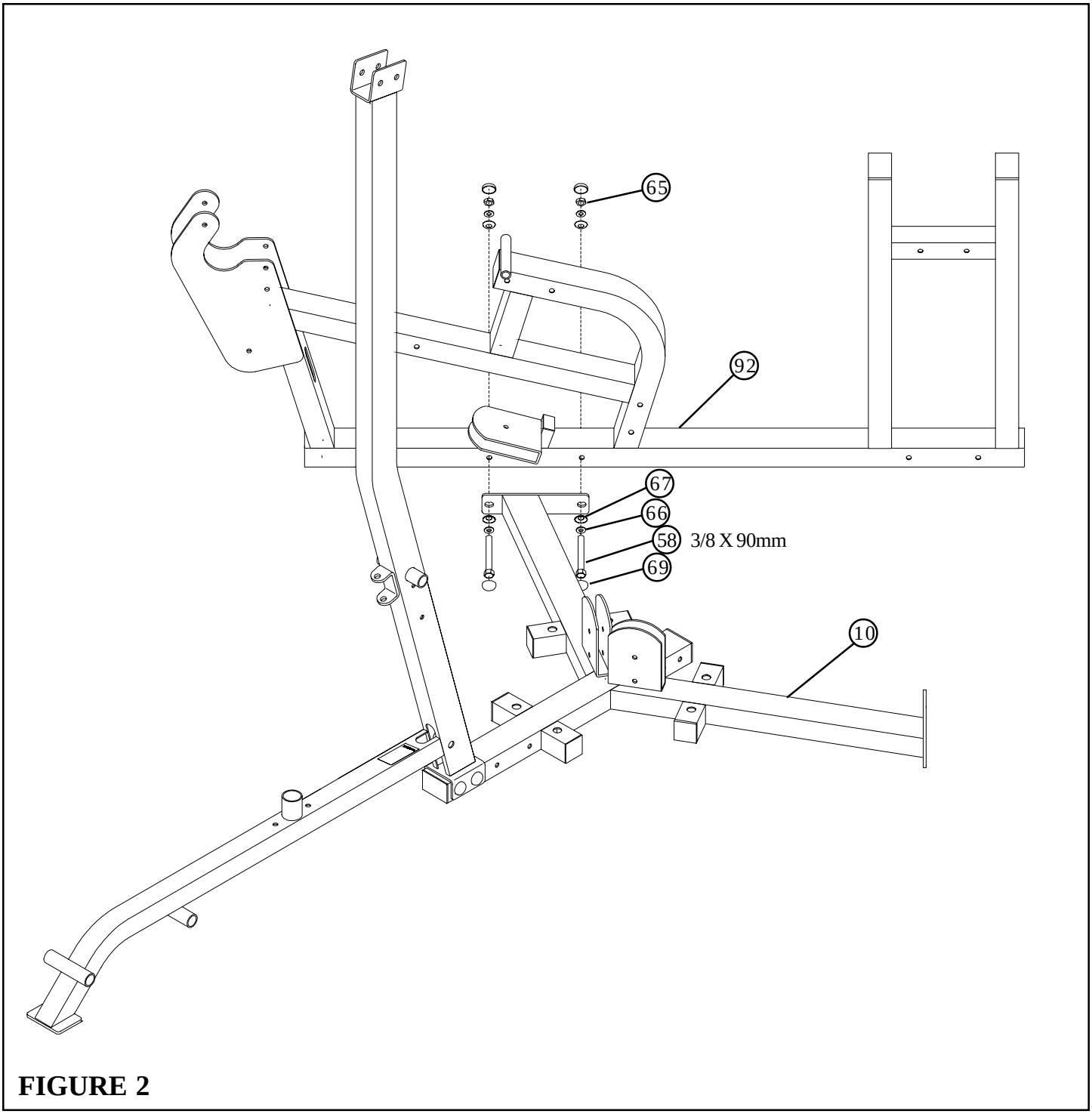


FIGURE 2

STEP 2:

- **LOOSELY** assemble the LEG CURL/EXT FRAME (92) to the TOWER BASE (10) using four RH CAPS (69), two 3/8 X 90mm BOLTS (58), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 2.

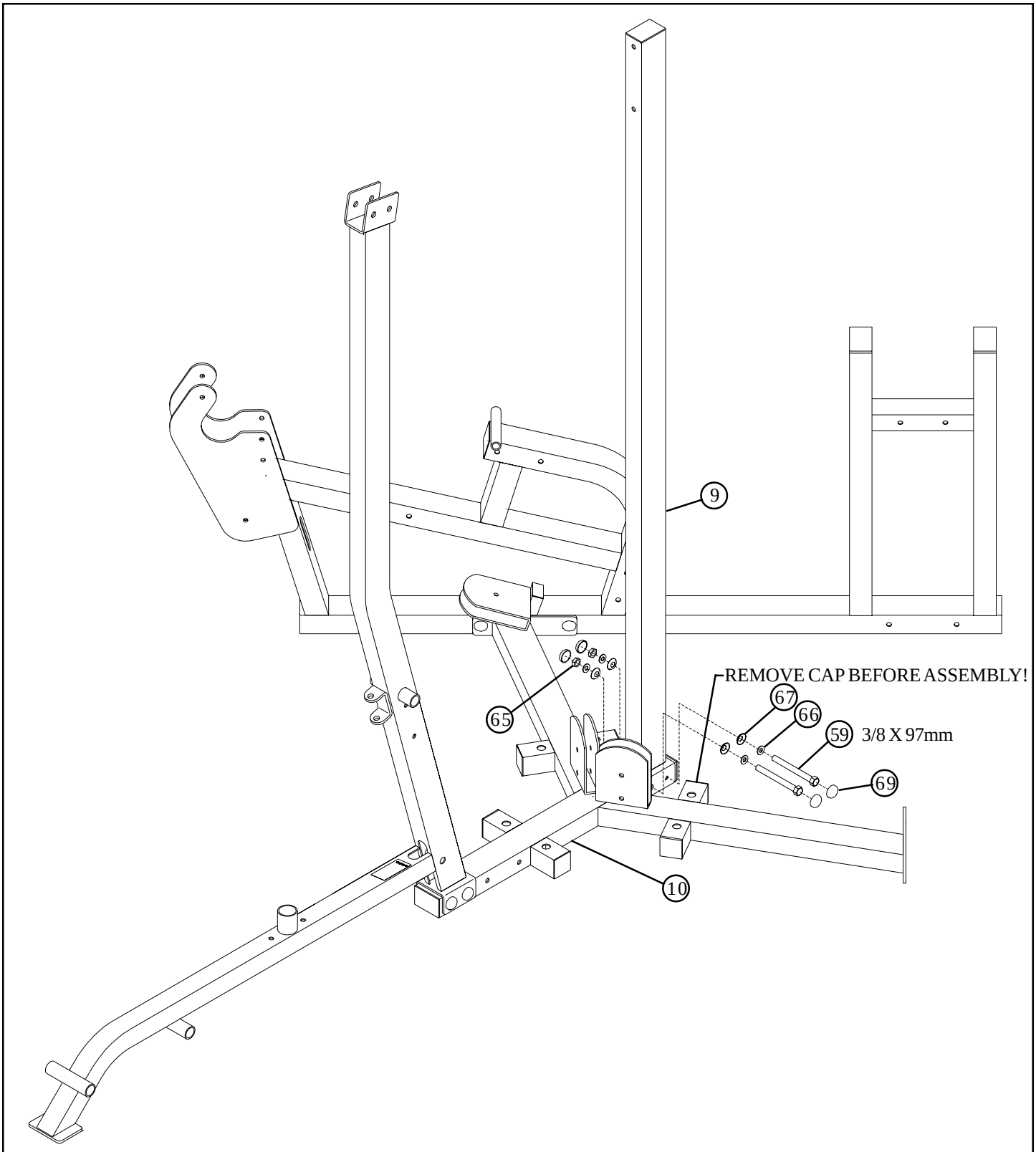


FIGURE 3

STEP 3:

- **LOOSELY** assemble the TOWER UPRIGHT (9) to the TOWER BASE (10) using four RH CAPS (69), two 3/8 X 97mm BOLTS (59), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 3. **(NOTE: REPLACE CAP AFTER ASSEMBLY.)**

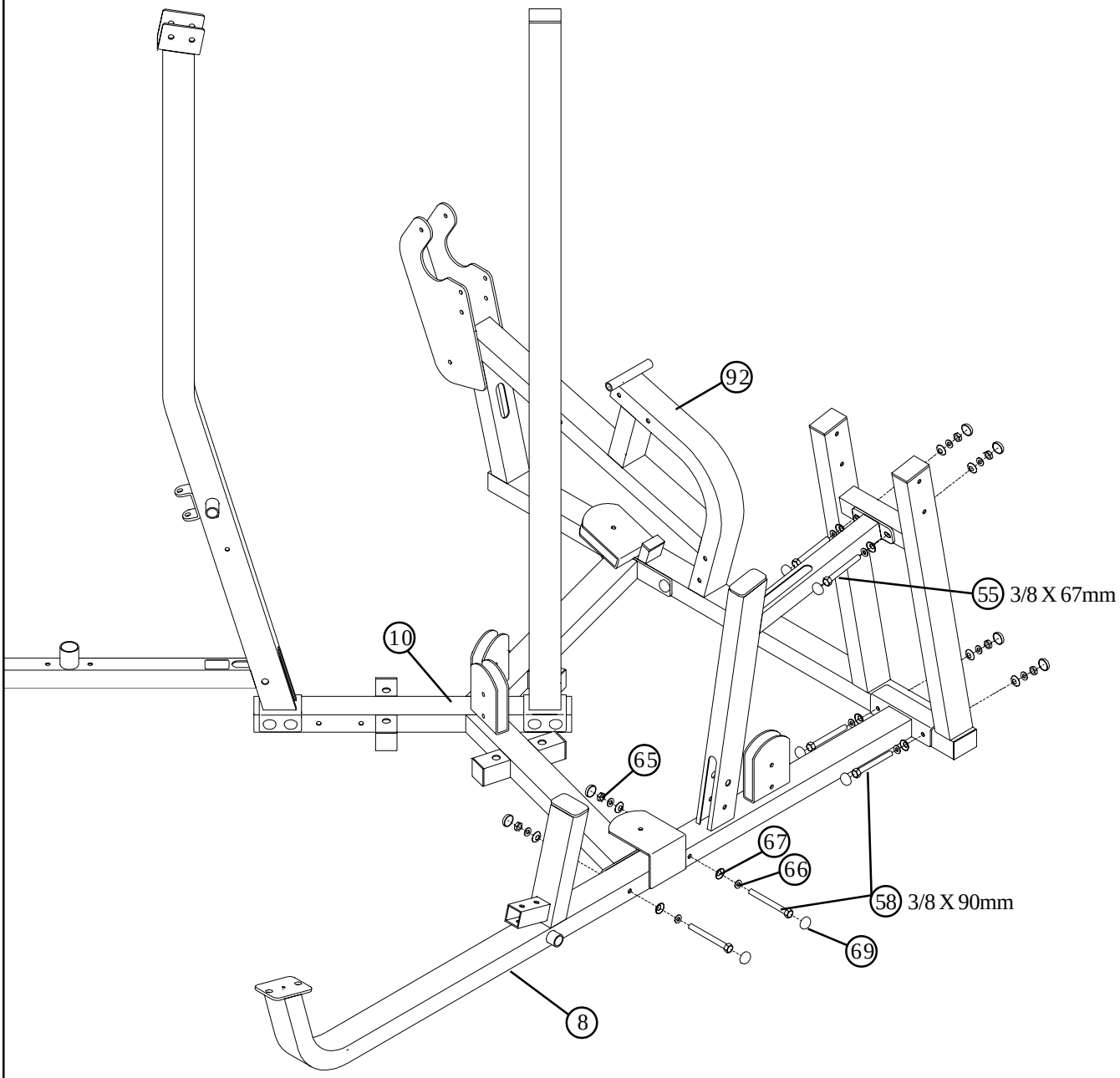


FIGURE 4

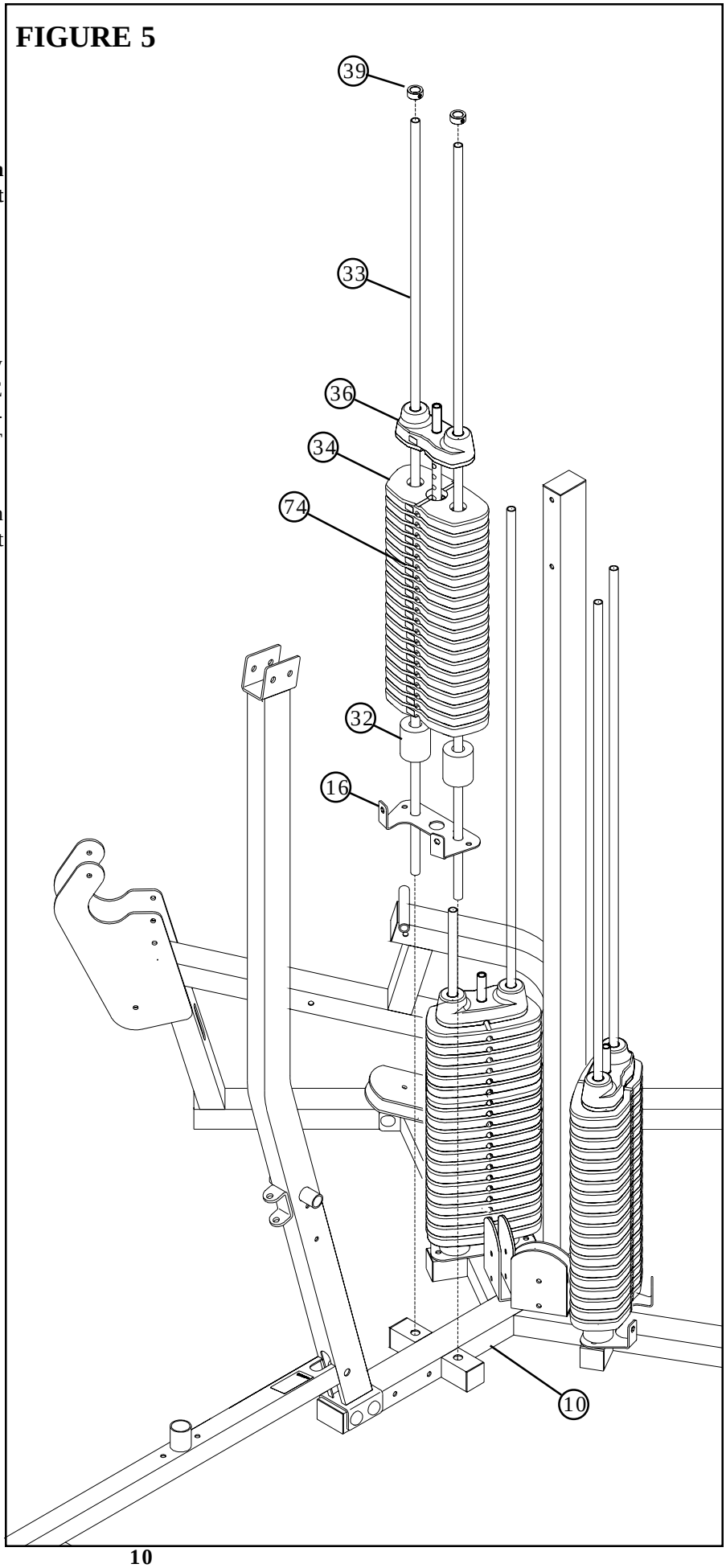
STEP 4:

- **LOOSELY** assemble the MULTI PRESS FRAME (8) to the LEG CURL/EXT FRAME (92) using eight RH CAPS (69), two 3/8 X 90mm BOLTS (58), two 3/8 X 67mm BOLTS (55), eight 3/8" SAE WASHERS (66), eight 3/8" RH WASHERS (67) and four 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 4.
- **LOOSELY** assemble the MULTI PRESS FRAME (8) to TOWER BASE (10) using four RH CAPS (69), two 3/8 X 90mm BOLTS (58), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 4.

STEP 5:

- Insert two GUIDE RODS (33) through the SHROUD SUPPORT BRACKET (16) and into the TOWER BASE (10) as shown on FIGURE 5.
- **(NOTE: Lubricate GUIDE RODS (33) with silicon or teflon spray available at most hardware stores.)**
- Slide two 3/4 X 2" WEIGHT STACK CUSHIONS (32) down over the GUIDE RODS (33) as shown in FIGURE 5.
- Using **EXTREME CARE** slide all twenty WEIGHT PLATES (34) down over the GUIDE RODS (33) on to the WEIGHT STACK CUSHIONS (32). Make sure that the WEIGHT PLATES (34) are all facing as shown.
- Slide the HEAD PLATE ASSEMBLY (36) down over the GUIDE RODS (33) onto the weight stack as shown in FIGURE 5.
- Slide two 13/16" SHAFT COLLARS (39) over the GUIDE RODS (33) as shown in FIGURE 5.
- Apply WEIGHT STACK LABELS (74) to WEIGHT PLATES (34) and HEAD PLATE (36) as shown in FIGURE 5. Begin with number one at the HEAD PLATE (36) with larger numbers in consecutive order towards bottom of weight stack.
- Repeat STEP 5 to assemble two more weight stacks to the TOWER BASE (10).

FIGURE 5



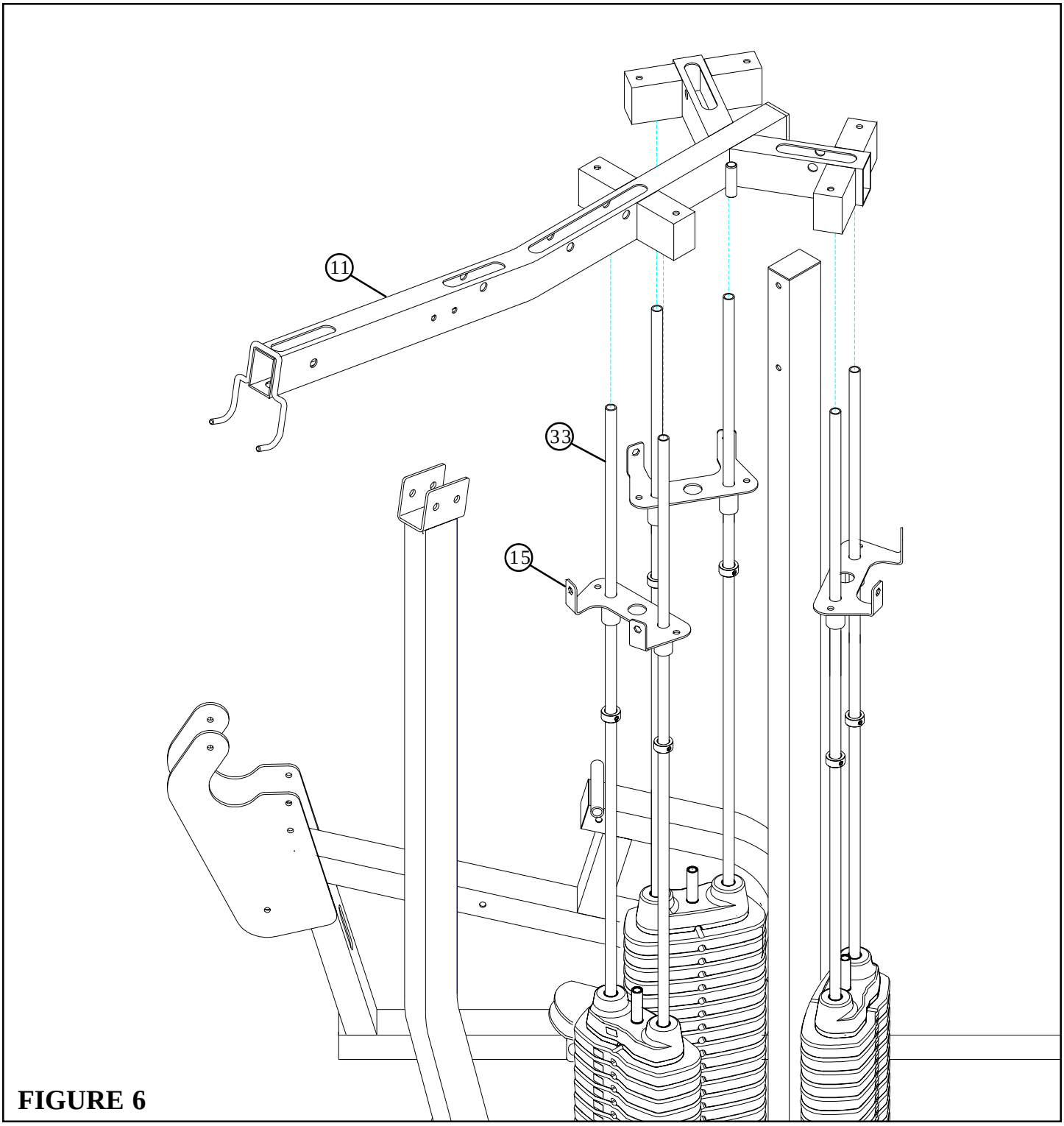
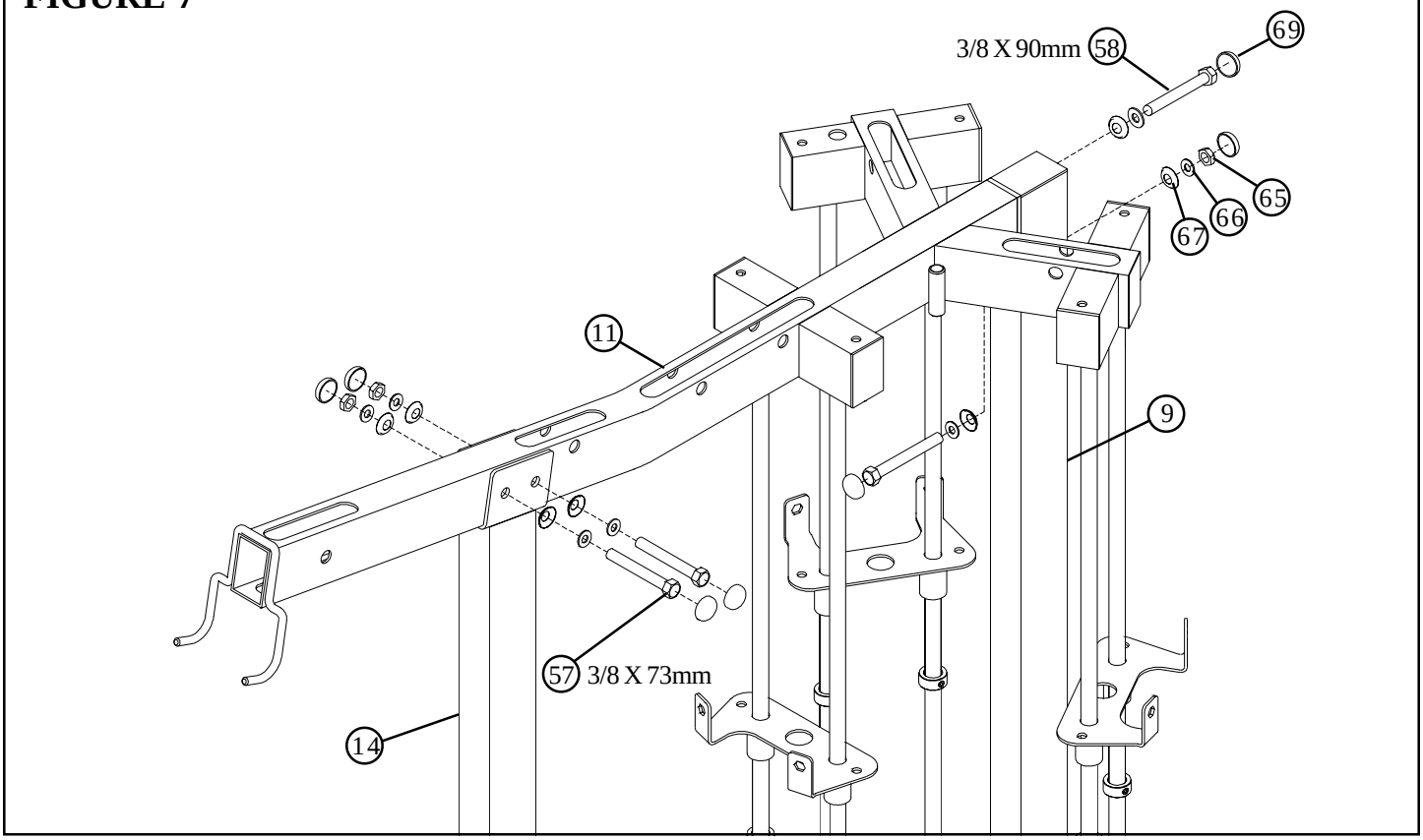


FIGURE 6

STEP 6:

- **CAREFULLY** slide three SHROUD BRACKETS (15) over all the GUIDE RODS (33) as shown in FIGURE 6.
- **CAREFULLY** assemble the LAT/LOW BOOM (11) over all the GUIDE RODS (33) as shown in FIGURE 6.

FIGURE 7



STEP 7:

- **LOOSELY** assemble the LAT/LOW BOOM (11) to the LAT/LOW FRAME (14) and the TOWER UPRIGHT (9) using seven RH CAPS (69), two 3/8 X 73mm BOLTS (57), two 3/8 X 90mm BOLTS (58), seven 3/8" SAE WASHERS (66), seven 3/8" RH WASHERS (67) and three 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 7.

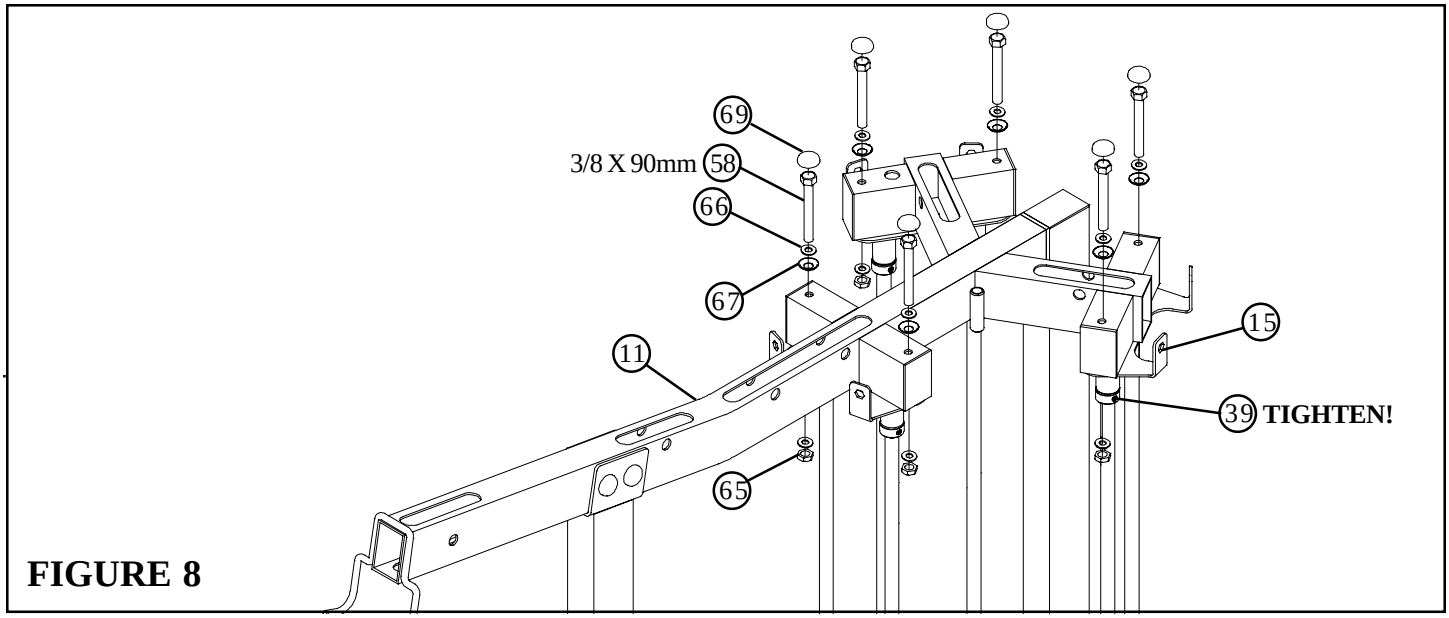


FIGURE 8

STEP 8:

- **SECURELY** assemble the three SHROUD BRACKETS (15) to the LAT/LOW BOOM (11) using six RH CAPS (69), six 3/8 X 90mm BOLTS (58), twelve 3/8" SAE WASHERS (66), six 3/8" RH WASHERS (67) and six 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 8. **(NOTE: Use RH WASHERS and RH CAPS on top only.)**

- Slide the 13/16" SHAFT COLLARS (39) up against the SHROUD BRACKETS (15) and **SECURELY** tighten the set screws on the SHAFT COLLARS (39). See FIGURE 8.

LUBRICATION NOTE:

When finished assembling the Weight Stack, open the lube Pack provided with this unit and apply a thin film of Lubricant around the first 2 to 3 inches of each Guide Rod above the Head Plate Assembly. After the cables are installed, use of the machine will spread the lubricant over the length of the Guide Rods and into the Head Plate Assemblies bushings

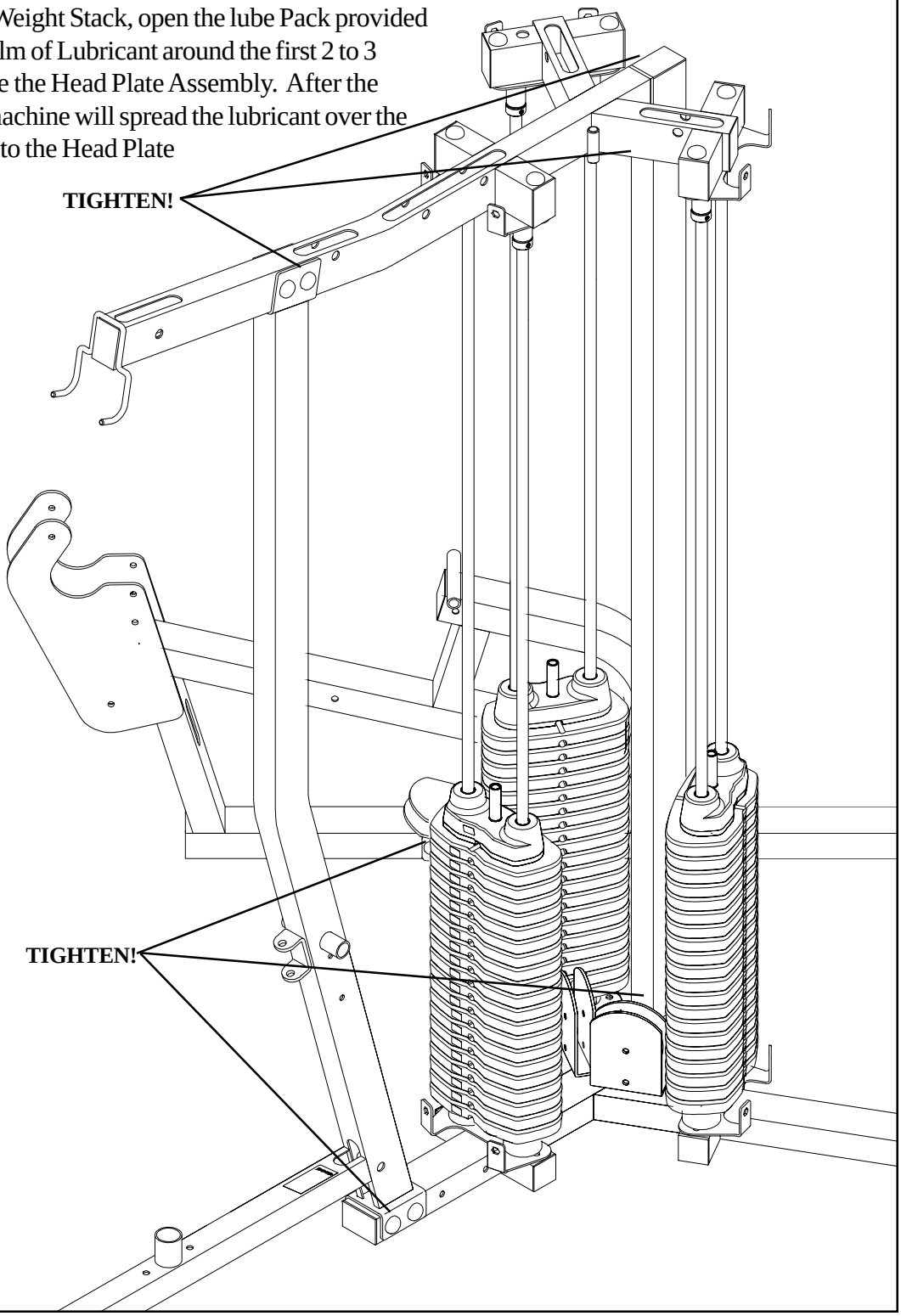
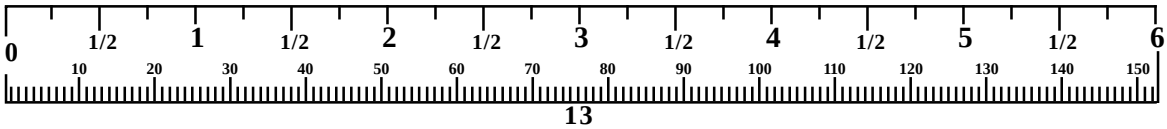


FIGURE 9

STEP 9:

- **Securely tighten all loose frame connections made to this point, then proceed to snap RH CAPS (69) over the RH WASHERS (67) on all tightened connections.**



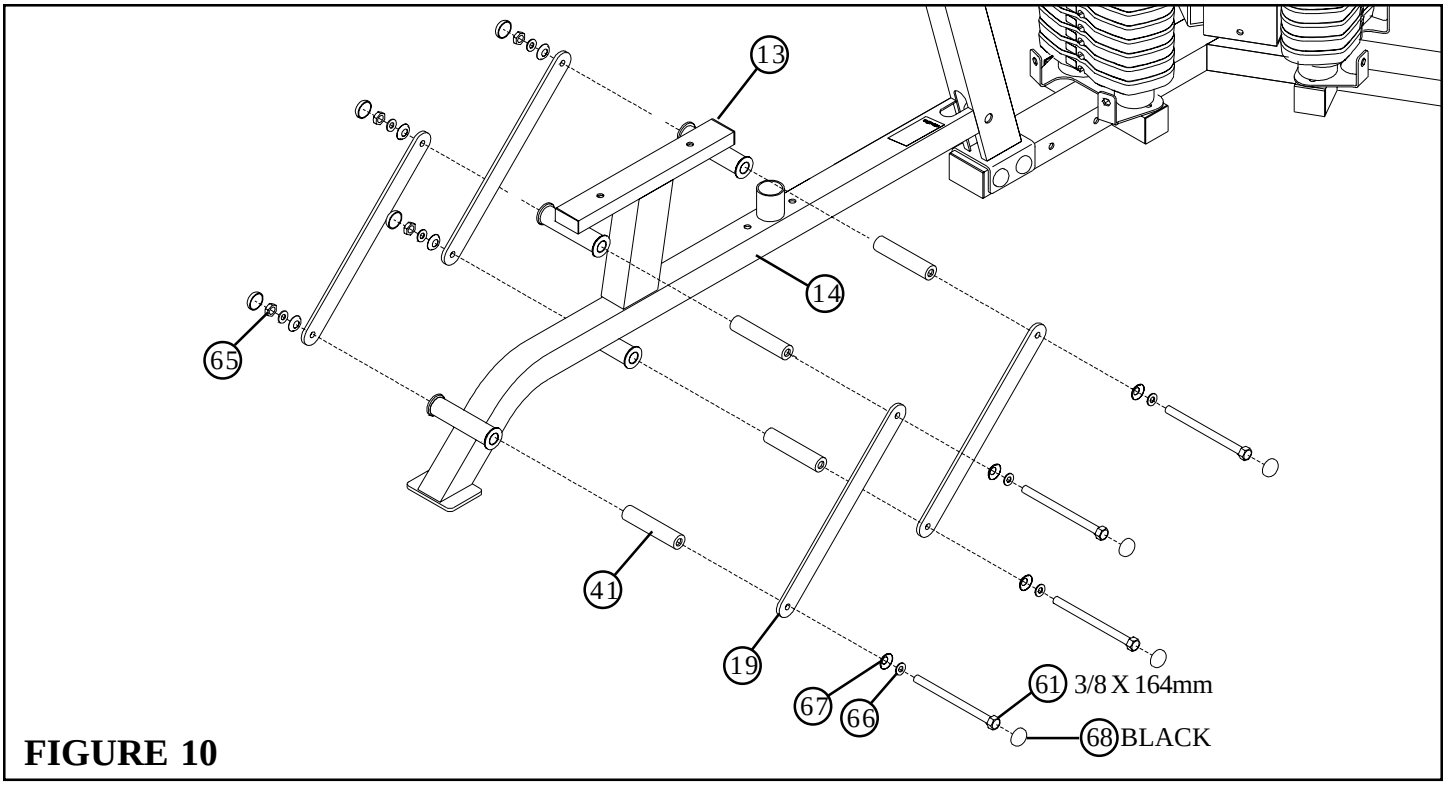


FIGURE 10

STEP 10:

- Insert four 5-1/2" PIVOT SHAFTS (41) into the LAT/LOW FRAME (14) and the LAT/LOW SEAT (13) as shown in FIGURE 10.

- **SECURELY** assemble four LAT/LOW PLATES (19) to the LAT/LOW SEAT (13) and to the LAT/LOW FRAME (14) using eight BLACK RH CAPS (68), four 3/8 X 164mm BOLTS (61), eight 3/8" SAE WASHERS (66), eight 3/8" RH WASHERS (67) and four 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 10.

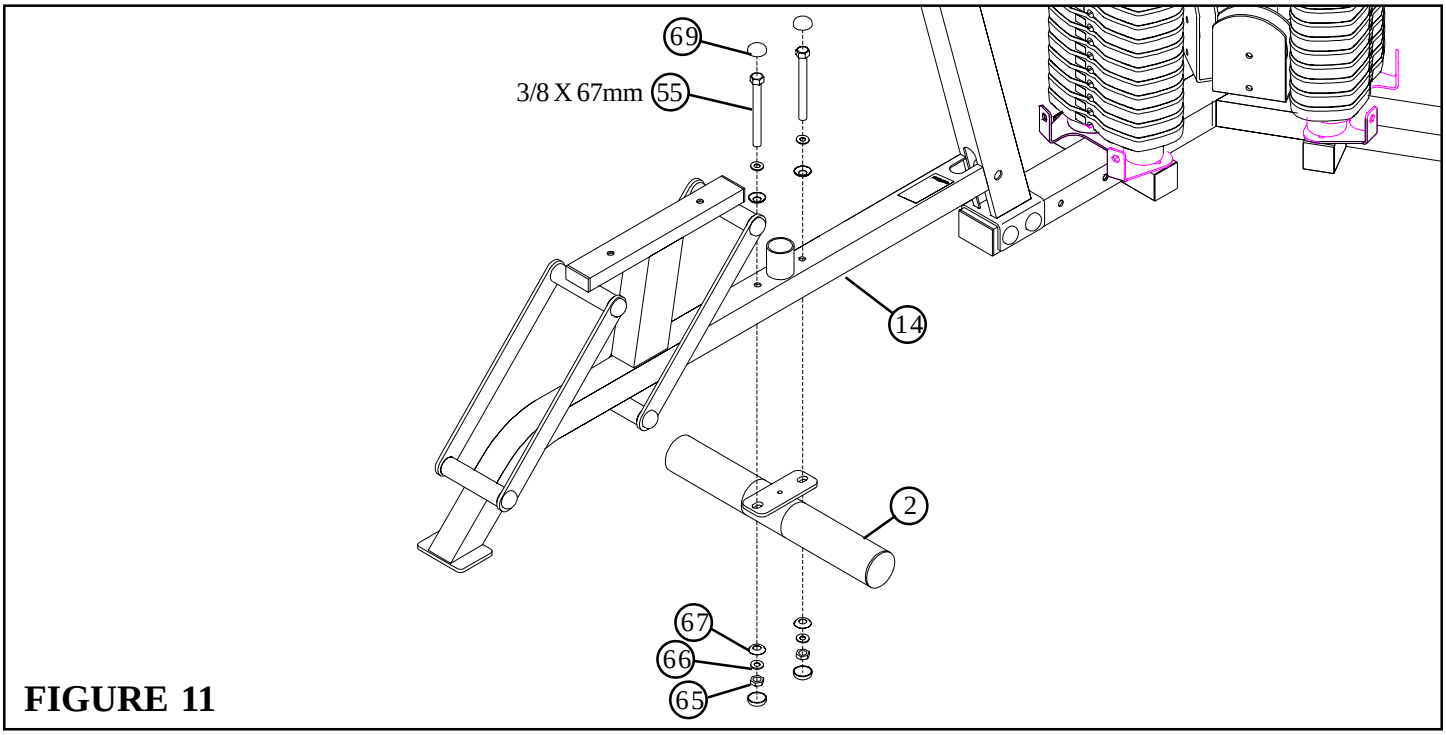


FIGURE 11

STEP 11:

- **SECURELY** assemble FOOT REST (2) to the LAT/LOW FRAME (14) using four RH CAPS (69), two 3/8 X 67mm BOLTS (55), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 11.

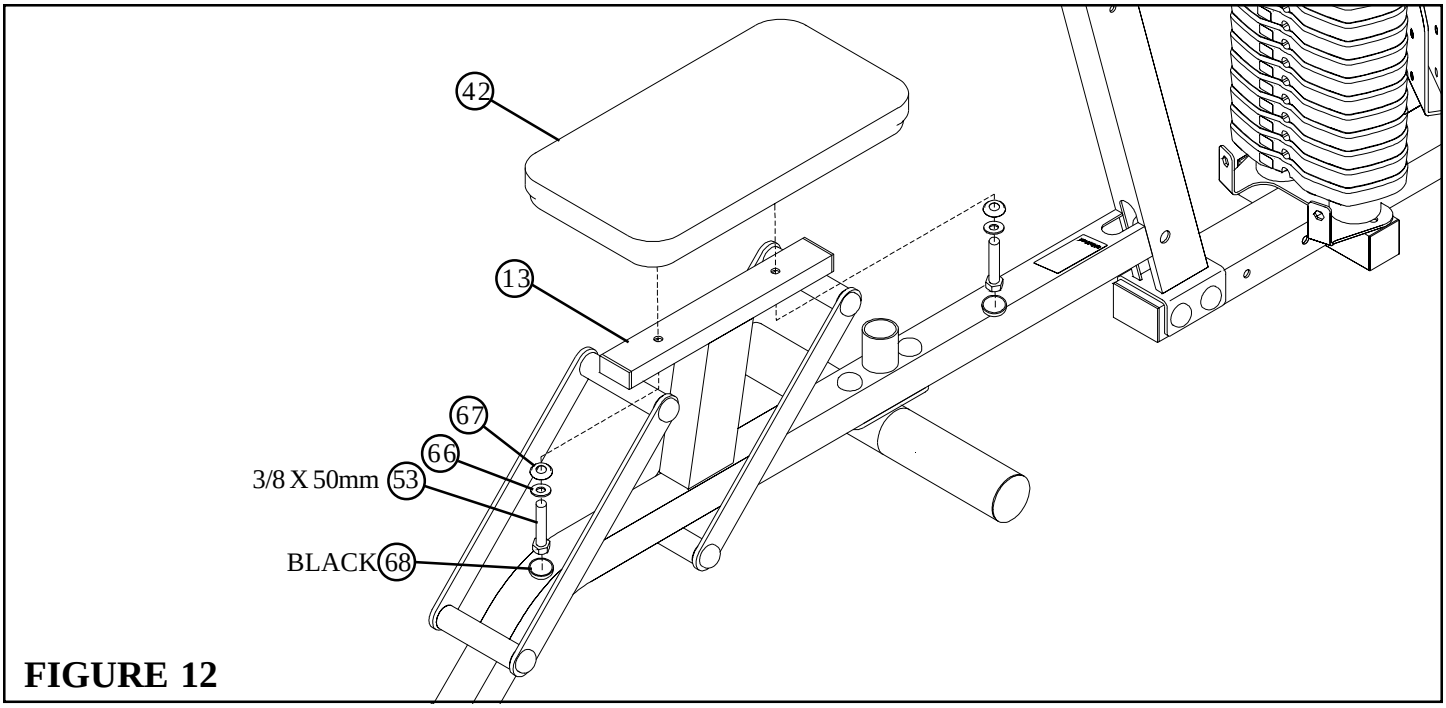
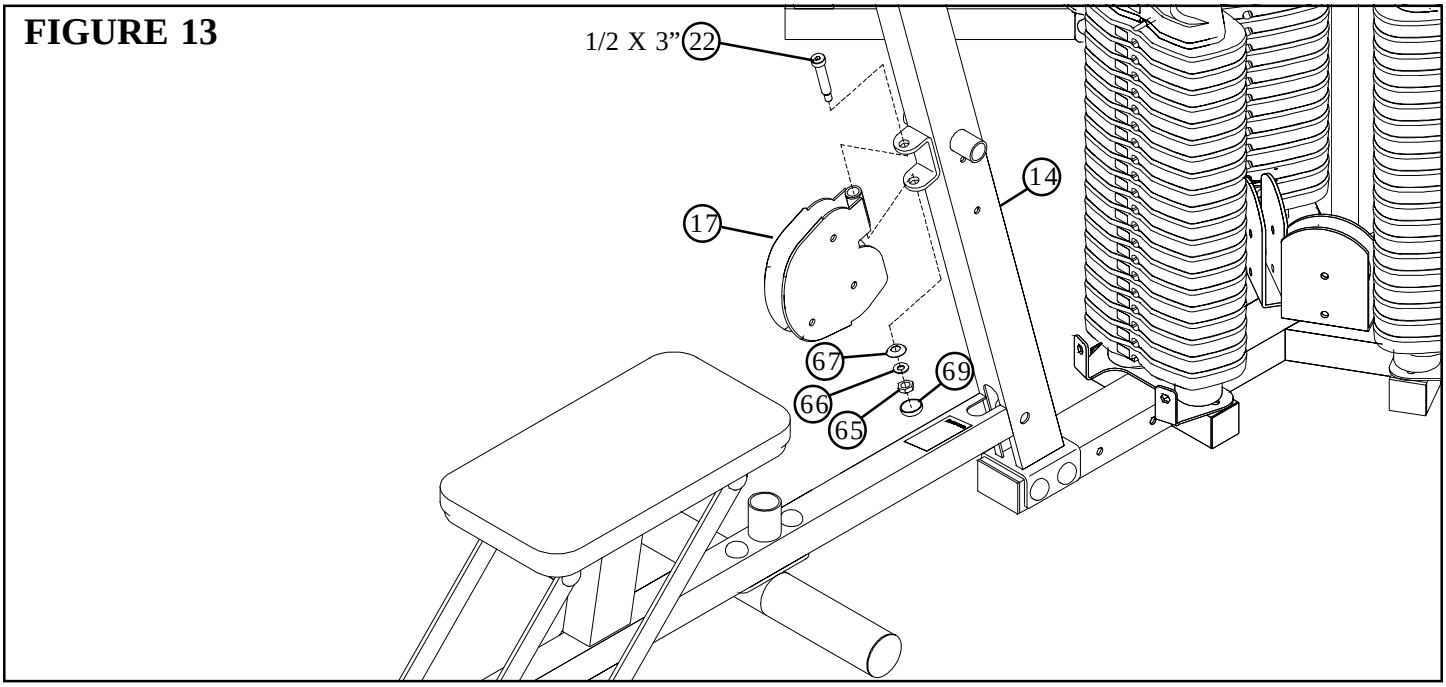


FIGURE 12

STEP 12:

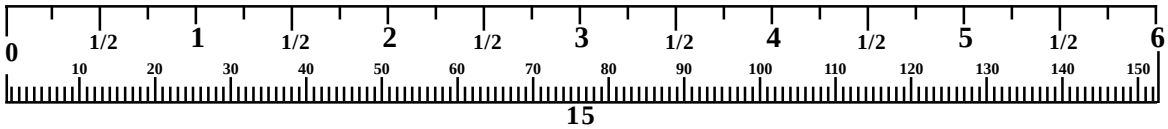
• **SECURELY** assemble LAT SEAT PAD (42) to the LAT/LOW SEAT (13) using two BLACK RH CAPS (68), two 3/8 X 50mm BOLTS (53), two 3/8" SAE WASHERS (66) and two 3/8" RH WASHERS (67) as shown in FIGURE 12.

FIGURE 13



STEP 13:

• Assemble the SWIVEL PULLEY (17) to the LAT/LOW FRAME (14) using one 1/2 X 3" SHOULDER BOLT (22), one 3/8" RH WASHER (67), one 3/8" SAE WASHER (66) one 3/8" LOW HEIGHT LOCK NUT (65) and one RH CAP (69) as shown in FIGURE 13. **(NOTE: Tighten connection enough to remove play, yet allowing SWIVEL PULLEY (17) to rotate freely.)**



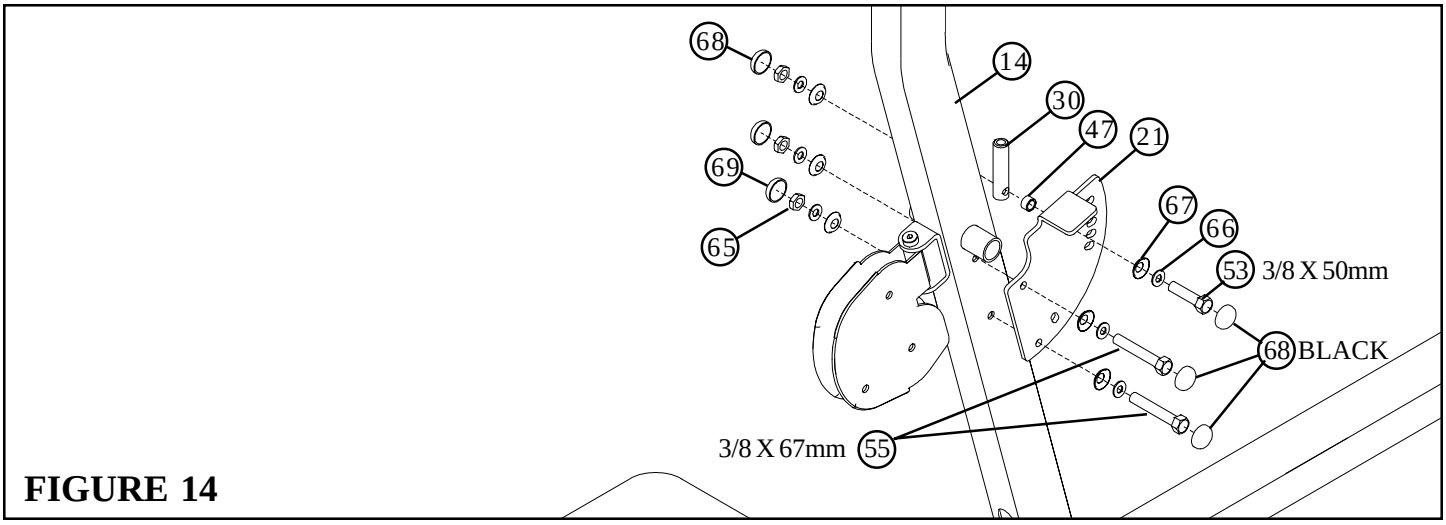


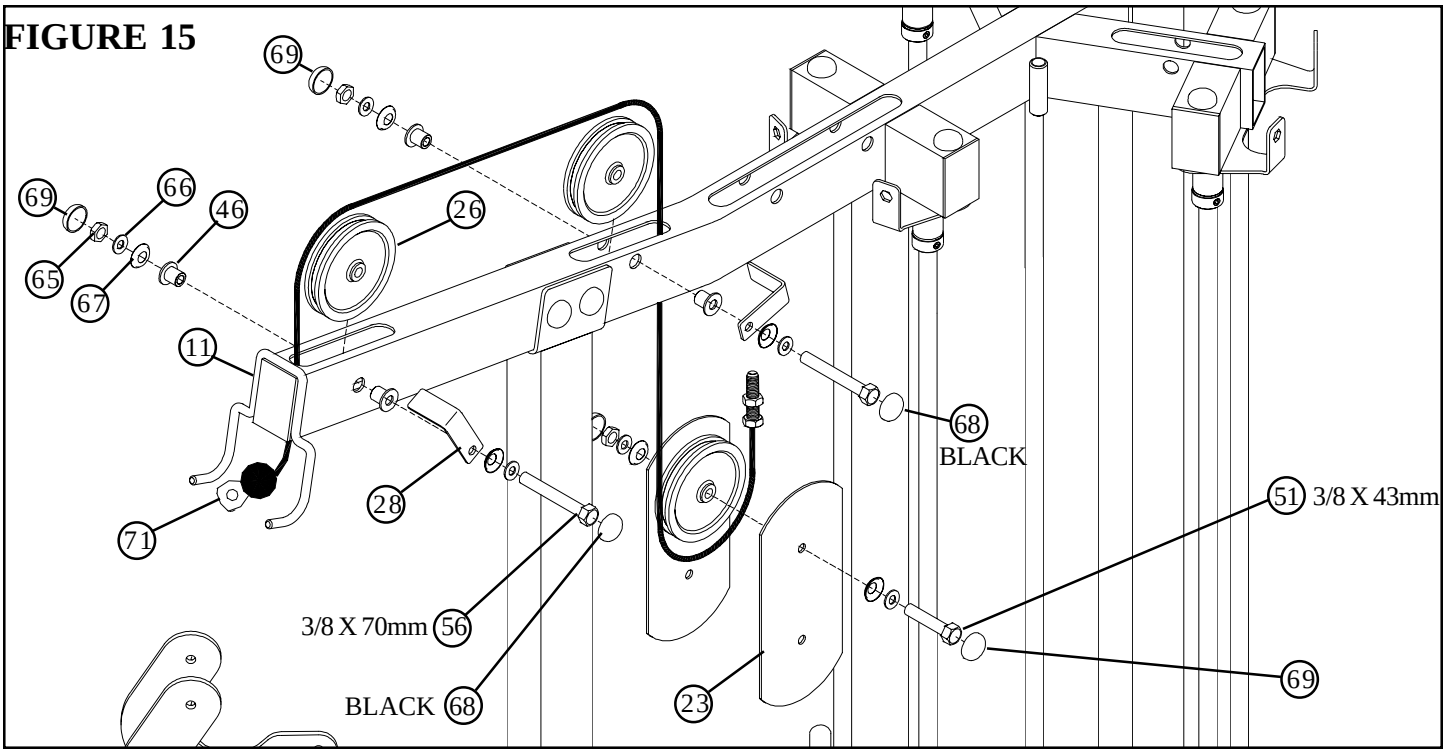
FIGURE 14

STEP 14:

- **SECURELY** assemble the LAT/LOW ADJUST PLATE (21) to the LAT/LOW FRAME (14) using two BLACK RH CAPS (68), two RH CAPS (69), two 3/8 X 67mm BOLTS (55), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 14.

- Assemble the 3/4 X 3-1/8" TAPPED SHAFT (30) to the LAT/LOW ADJUST PLATE (21) using two BLACK RH CAPS (68), one 3/8 X 50mm BOLT (53), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 3/8 X 1/2" SPACER (47) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 14. **(NOTE: Tighten connection enough to remove play, yet allowing TAPPED SHAFT to rotate freely.)**

FIGURE 15



STEP 15:

- Route the LAT CABLE (71) through the LAT/LOW BOOM (11) and assemble two 4-1/2" PULLEYS (26) to the BOOM (11) using two RH CAPS (69), two BLACK RH CAPS (68), two 3/8 X 70mm BOLTS (56), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67), two 2-7/8" X 2-1/4" CABLE CLIPS (28), four 3/8 X 1/2" FLANGE SPACERS (46) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 15.

- Route the LAT CABLE (71) around one 4-1/2" PULLEY (26) and assemble the PULLEY to two DUAL PULLEY PLATES (23) using two RH CAPS (69), one 3/8 X 43mm BOLT (51), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 15.

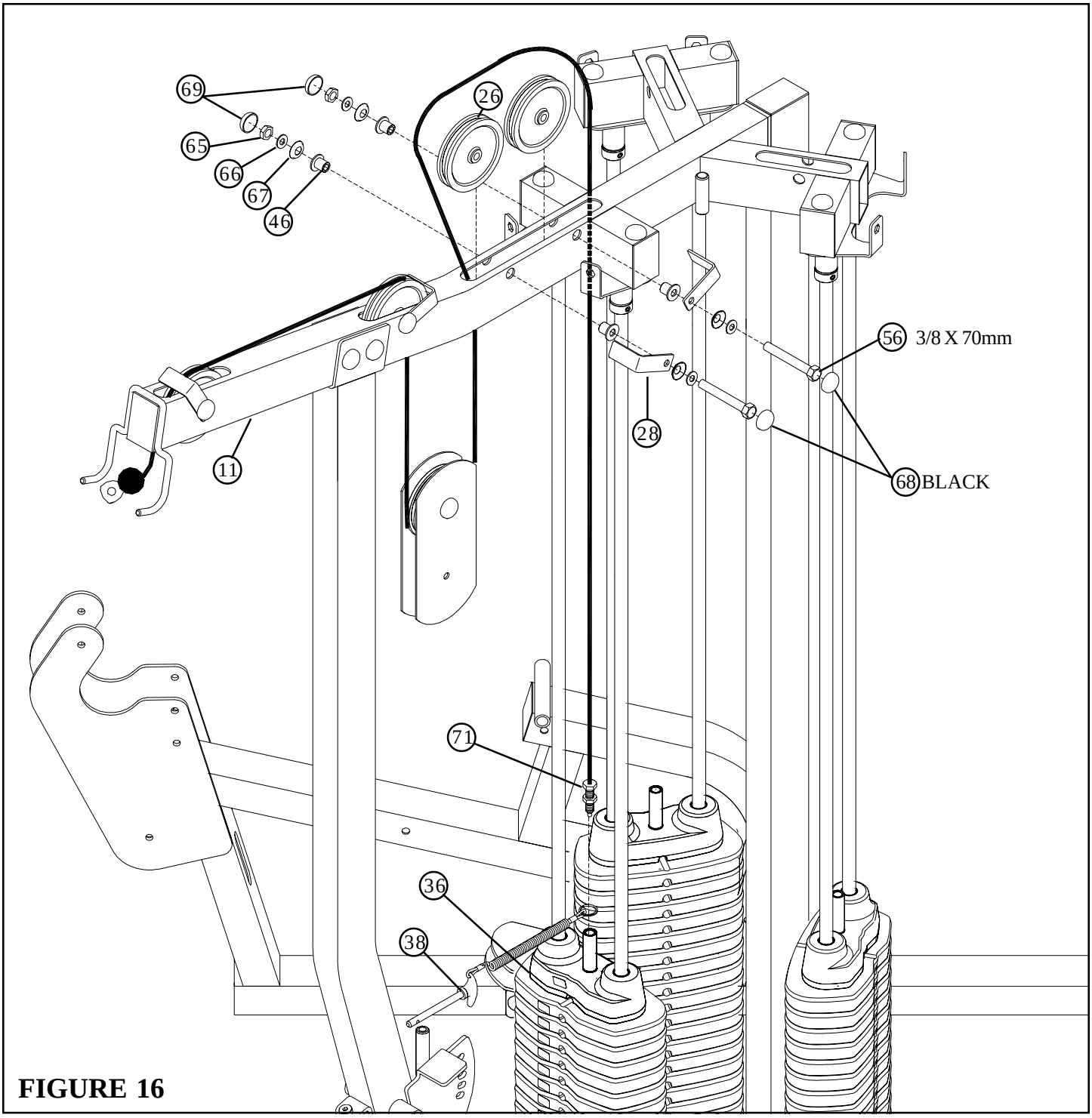


FIGURE 16

STEP 16:

- Route the LAT CABLE (71) through the LAT/LOW BOOM (11) and assemble two 4-1/2" PULLEYS (26) to the BOOM (11) using two BLACK RH CAPS (68), two RH CAPS (69), two 3/8 X 70mm BOLTS (56), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67), two 2-7/8 X 2-1/4" CABLE CLIPS (28), four 3/8 X 1/2" FLANGE SPACERS (46) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 16.
- Slide one WEIGHT STACK PIN (38) over the stem on the HEAD PLATE (36) as shown in FIGURE 16.
- Screw the threaded end of the LAT CABLE (71) all the way onto the end of the stem on the HEAD PLATE (36) and tighten jam nut securely. See FIGURE 16.

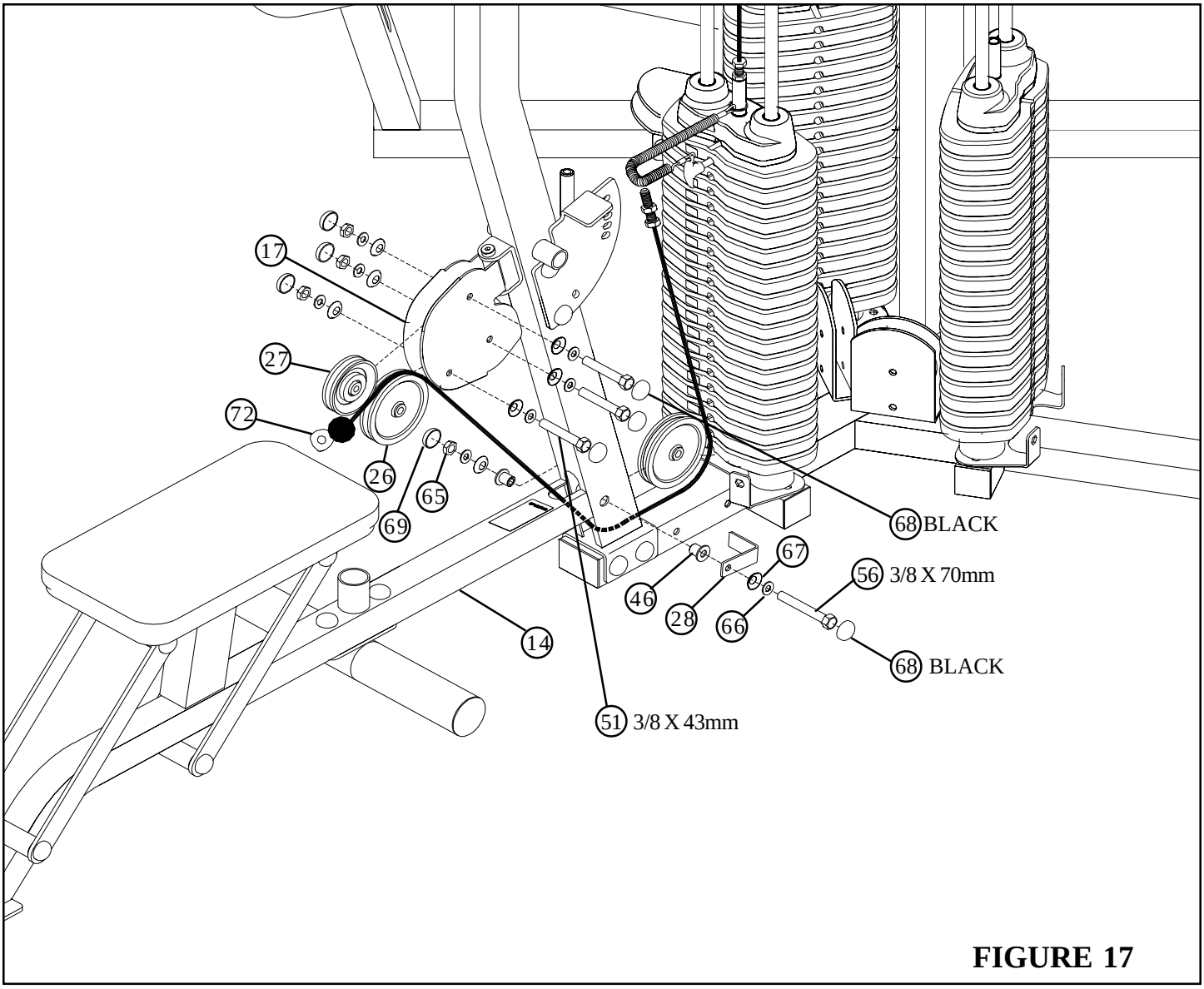


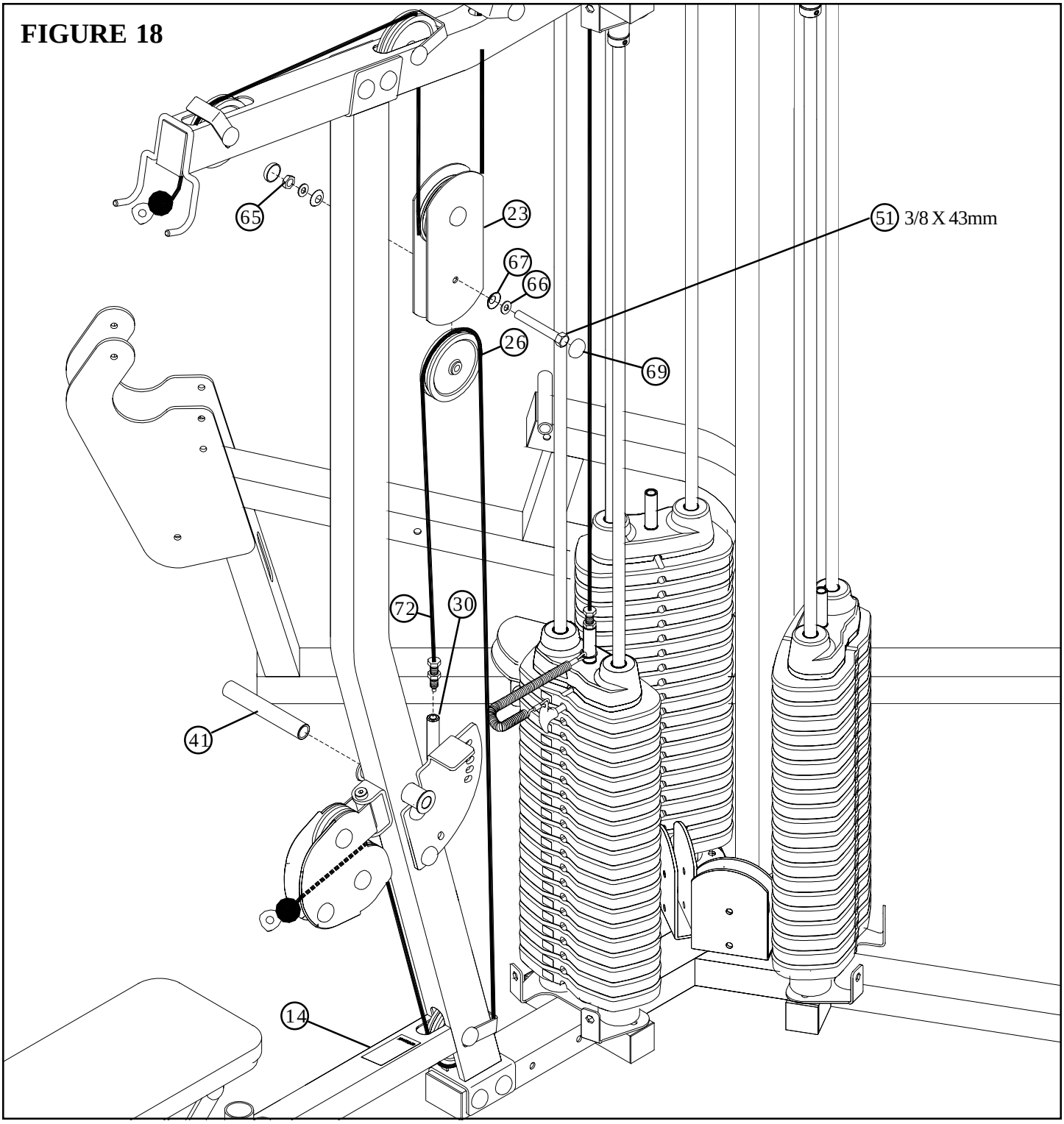
FIGURE 17

STEP 17:

- Route the ROW CABLE (72) around one 4-1/2" PULLEY (26) and assemble the 4-1/2" PULLEY and one 3-1/2" PULLEY (27) to the SWIVEL PULLEY (17) using six BLACK RH CAPS (68), three 3/8 X 43mm BOLTS (51), six 3/8" SAE WASHERS (66), six 3/8" RH WASHERS (67) and three 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 17.

- Route the ROW CABLE (72) through the LAT/LOW FRAME (14) and assemble one 4-1/2" PULLEY (26) using one RH CAP (69), one BLACK RH CAP (68), one 3/8 X 70mm BOLT (56), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 2-7/8 X 2-1/4" CABLE CLIP (28), two 3/8 X 1/2" FLANGE SPACERS (46) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 17.

FIGURE 18



STEP 18:

- Route the ROW CABLE (72) around one 4-1/2" PULLEY (26) and assemble the PULLEY to the bottom holes of the DUAL PULLEY PLATES (23) using two RH CAPS (69), one 3/8 X 43mm BOLT (51), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 18.

- Screw the threaded end of the ROW CABLE (72) all the way onto the end of the 3/4 X 3-1/8" TAPPED SHAFT (30) and tighten jam nut securely. See FIGURE 18.

- Insert one 5-1/2" PIVOT SHAFT (41) into the LAT/LOW ROW FRAME (14) as shown in FIGURE 18.

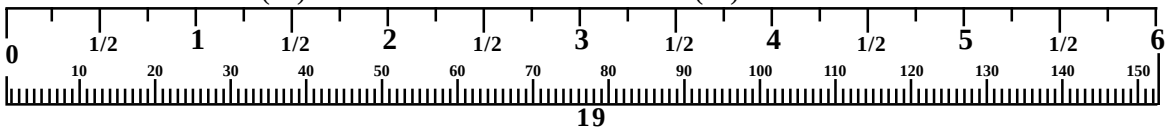
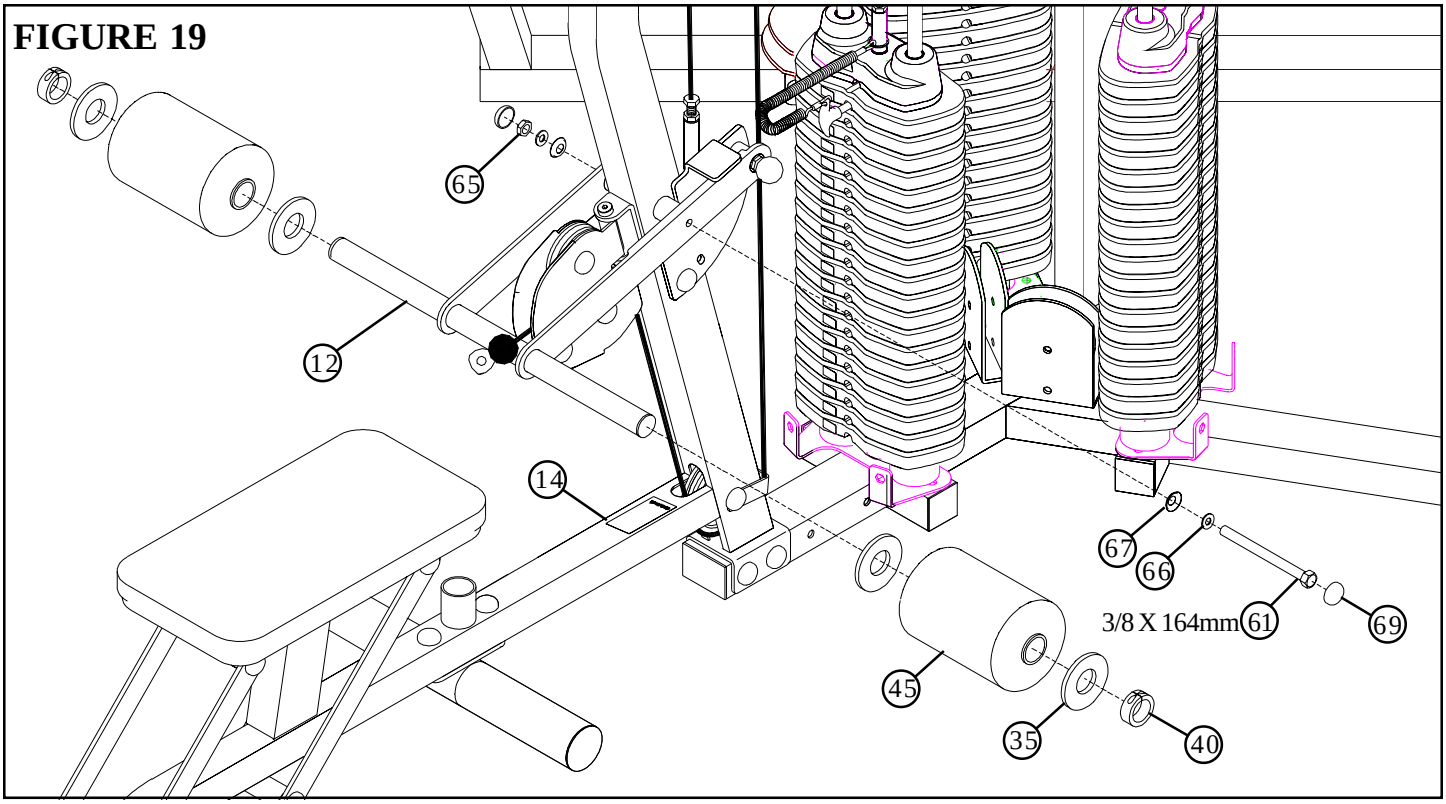


FIGURE 19



STEP 19:

- **SECURELY** assemble the KNEE HOLD DOWN (12) to the LAT/LOW FRAME (14) using two RH CAPS (69), one 3/8 X 164mm BOLT (61), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 19.

- Assemble two ROLLER PADS (45) and four 2-3/8" OD PLASTIC WASHERS (35) to the KNEE HOLD DOWN (12) using two 1-1/4" SHAFT COLLARS (40) as shown in FIGURE 19.

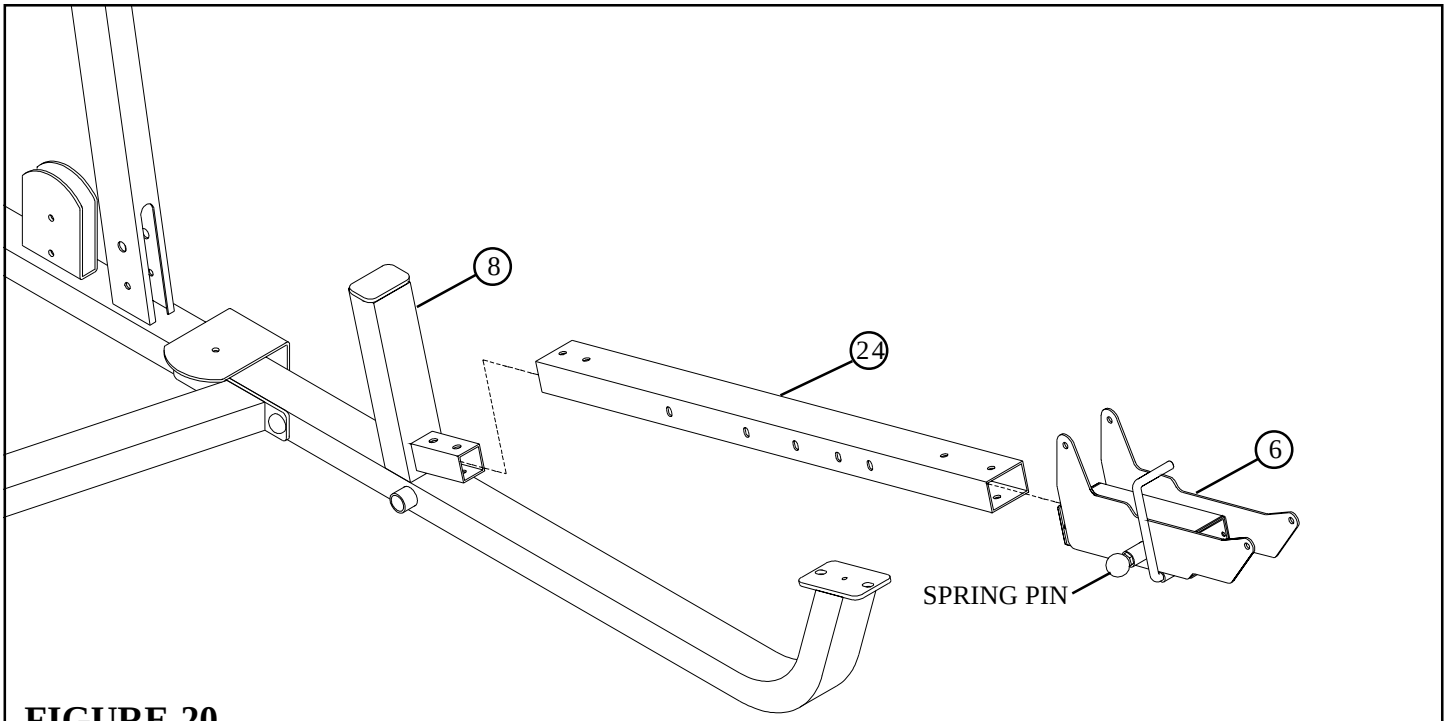


FIGURE 20

STEP 20:

- Pull back on the SPRING PIN and slide the MULTI PRESS SEAT ADJUST (6) over the MULTI PRESS SLIDE TUBE (24) as shown in FIGURE 20.
- Slide the end of the MULTI PRESS SLIDE TUBE (24) over the MULTI PRESS FRAME (8) as shown in FIGURE 20.

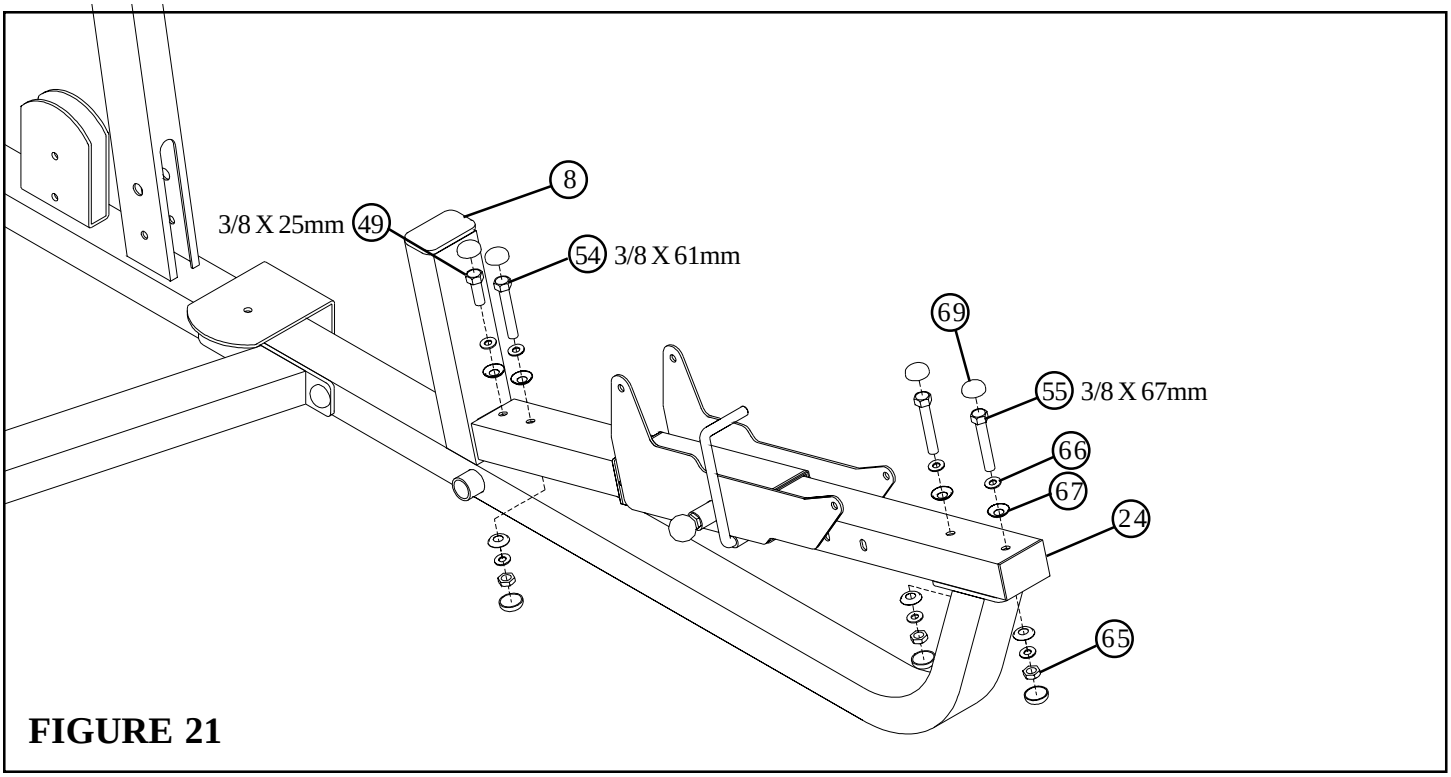
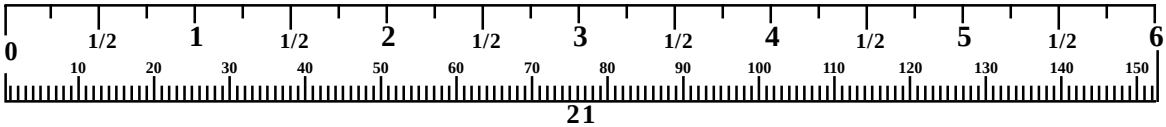


FIGURE 21

STEP 21:

- **SECURELY** assemble the MULTI PRESS SLIDE TUBE (24) to the MULTI PRESS FRAME (8) using seven RH CAPS (69), two 3/8 X 67mm BOLTS (55), one 3/8 X 61mm BOLT (54), one 3/8 X 25mm BOLT (49), seven 3/8" SAE WASHERS (66), seven 3/8" RH WASHERS (67) and three 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 21.



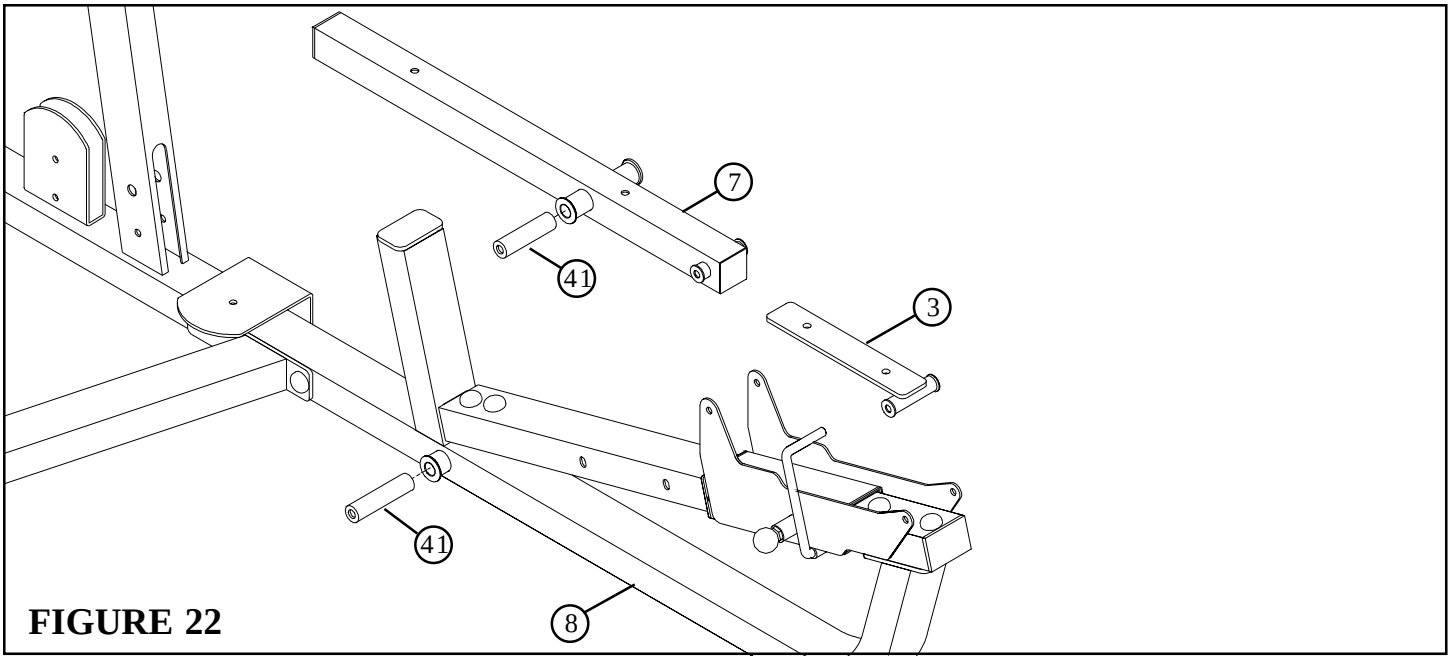


FIGURE 22

STEP 22:

- Insert one 5-1/2" PIVOT SHAFT (41) into the MULTI PRESS FRAME (8) and one 5-1/2" PIVOT SHAFT (41) into the BACK PAD SUPPORT (7) as shown in FIGURE 22.

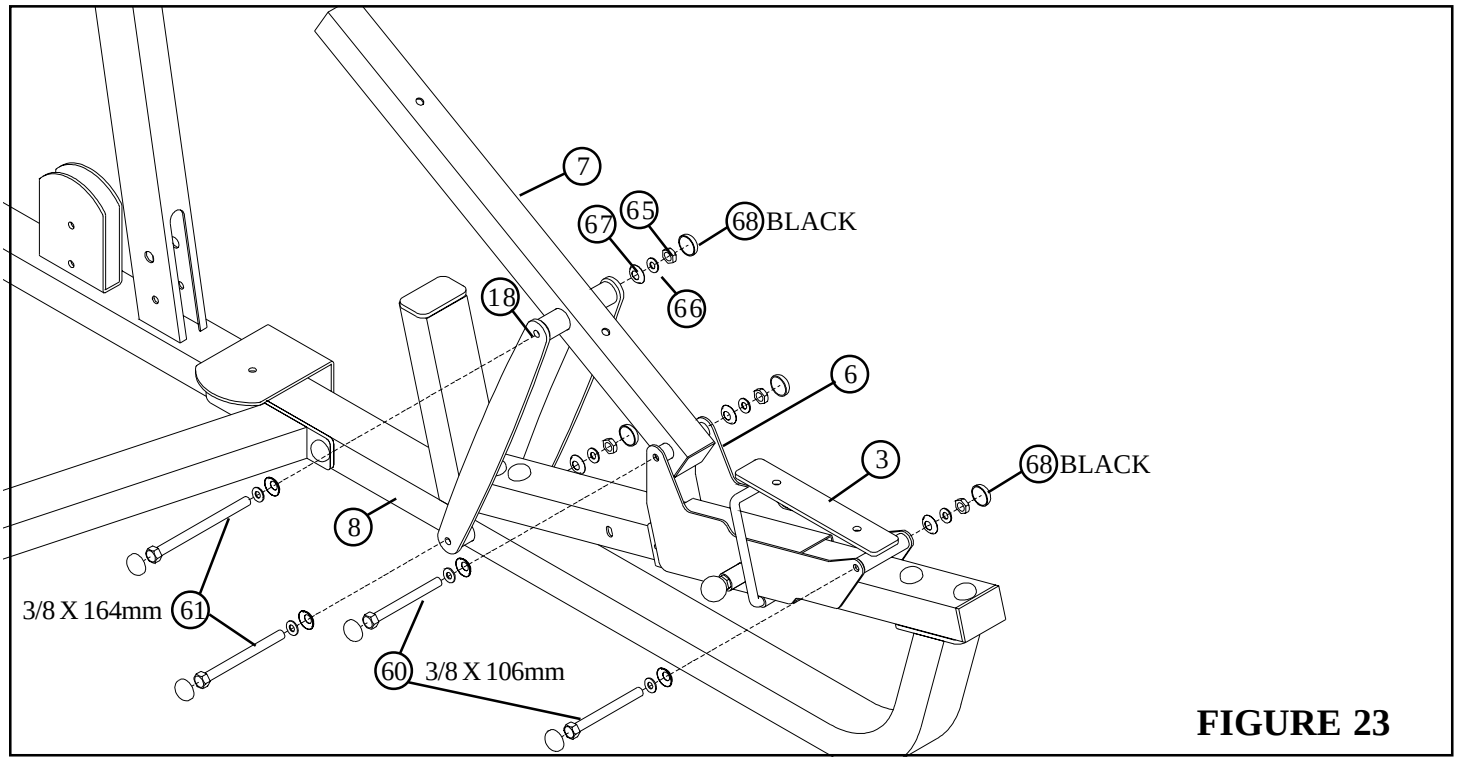


FIGURE 23

STEP 23:

- **SECURELY** assemble the BACK PAD SUPPORT (7) to the MULTI PRESS SEAT ADJUST (6) using two BLACK RH CAPS (68), one 3/8 X 106mm BOLT (60), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 23. **(NOTE: TIghten connections enough to remove slop, yet allow part to rotate freely.)**
- **SECURELY** assemble two MULTI PRESS PLATES (18) to the BACK PAD SUPPORT (7) and to the MULTI PRESS FRAME (8) using four BLACK RH CAPS (68), two 3/8 X 164mm BOLTS (61), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 23.
- **SECURELY** assemble the SEAT PAD SUPPORT (3) to the MULTI PRESS SEAT ADJUST (6) using two BLACK RH CAPS (68), one 3/8 X 106mm BOLT (60), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 23. **(NOTE: TIghten connections enough to remove slop, yet allow part to rotate freely.)**

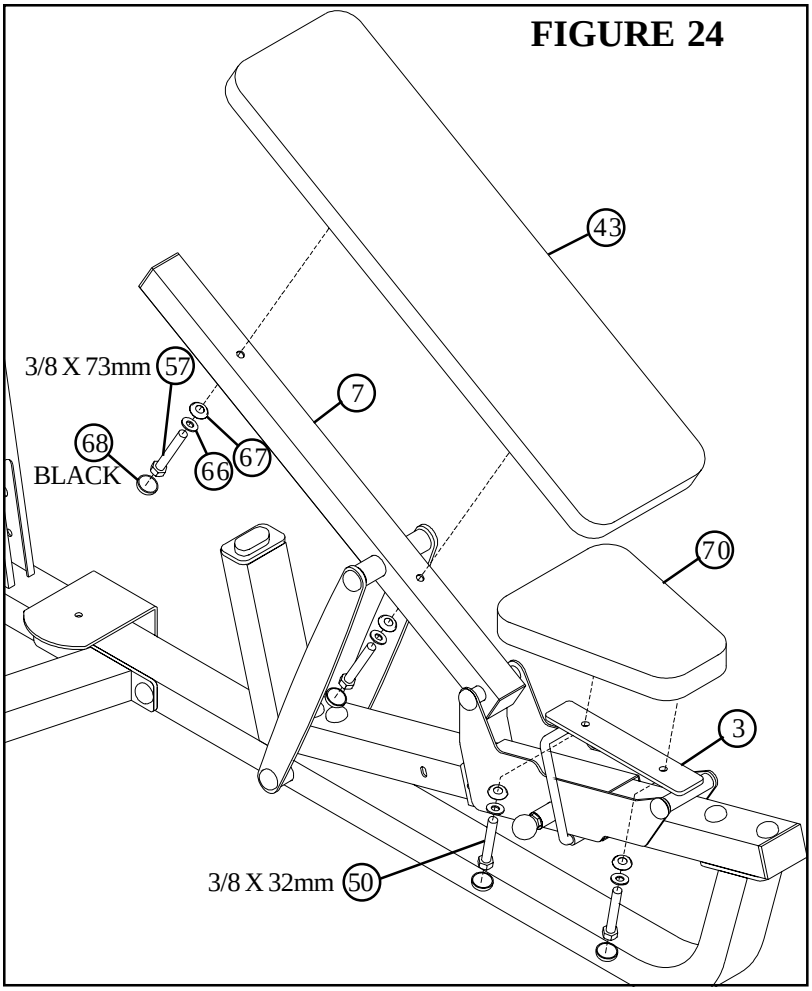


FIGURE 24

STEP 24:

- **SECURELY** assemble the MULTI PRESS BACK PAD (43) to the BACK PAD SUPPORT (7) using two BLACK RH CAPS (68), two 3/8 X 73mm BOLTS (57), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) as shown in FIGURE 24.
- **SECURELY** assemble the MULTI PRESS SEAT PAD (70) to the SEAT PAD SUPPORT (3) using two BLACK RH CAPS (68), two 3/8 X 32mm BOLTS (50), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67) as shown in FIGURE 24.

STEP 25:

- Slide two 3" ACCORIDIAN SLEEVES (31) over the shafts on the PIVOT ARM (5) as shown in FIGURE 25.
- Slide two PILLOW BLOCKS (25) over the shafts on the PIVOT ARM (5) as shown in FIGURE 25.
- Assemble four 3/8 X 76mm BUTTON HEAD BOLTS (63), four 3/8" BLACK SAE WASHERS (64) and four PILLOW BLOCK SPACERS (37) to the the PILLOW BLOCKS (25) as shown in FIGURE 25.

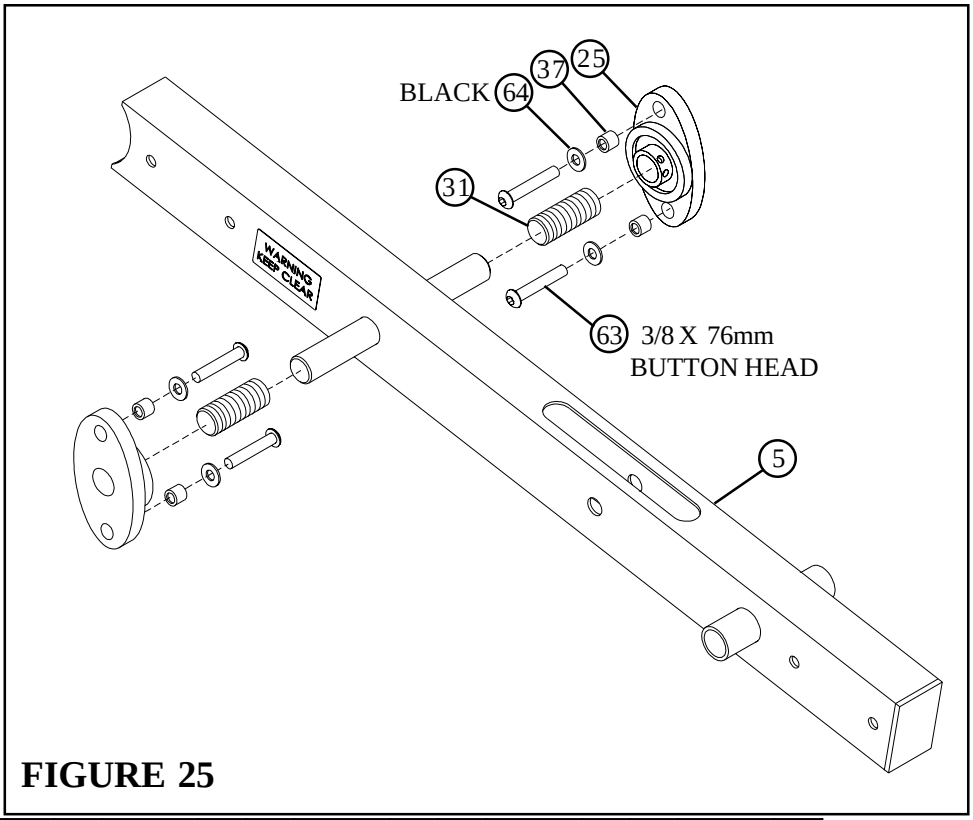
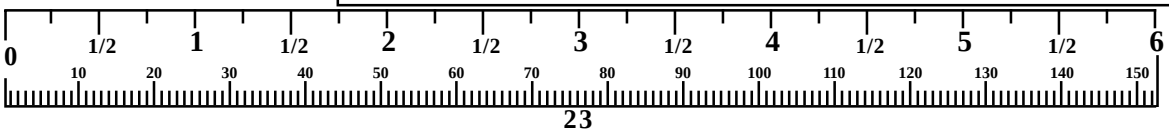


FIGURE 25



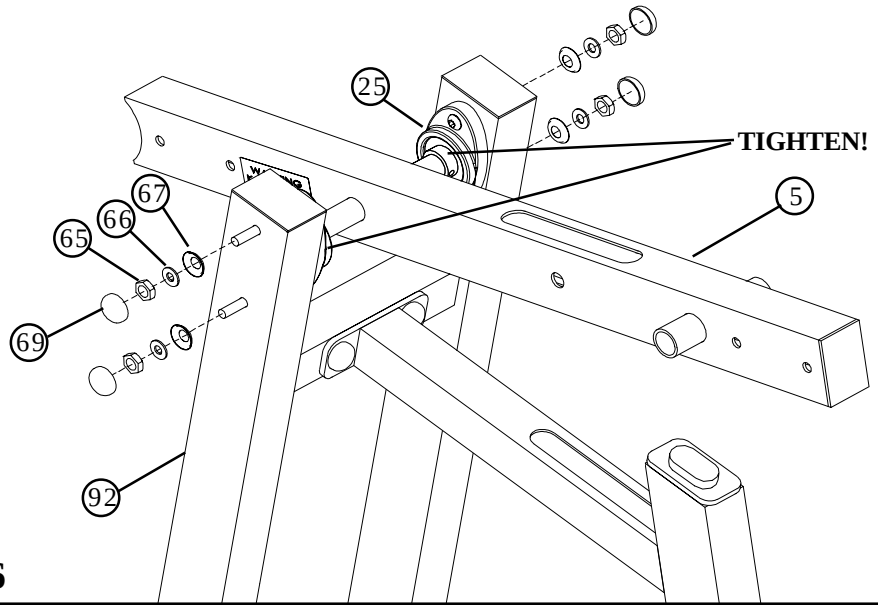


FIGURE 26

STEP 26:

- **SECURELY** assemble the PIVOT ARM (5) to the LEG CURL/EXT FRAME (92) using four previously inserted 3/8 X 76mm BUTTON HEAD BOLTS (63), four RH WASHERS (67), four 3/8" SAE WASHERS (66), four 3/8" LOW HEIGHT LOCK NUTS (65) and four RH CAPS (69) as shown in FIGURE 26.
- **IMPORTANT!** When PIVOT ARM (5) is centered and level in the PILLOW BLOCKS (25), tighten the PILLOW BLOCK set screws.

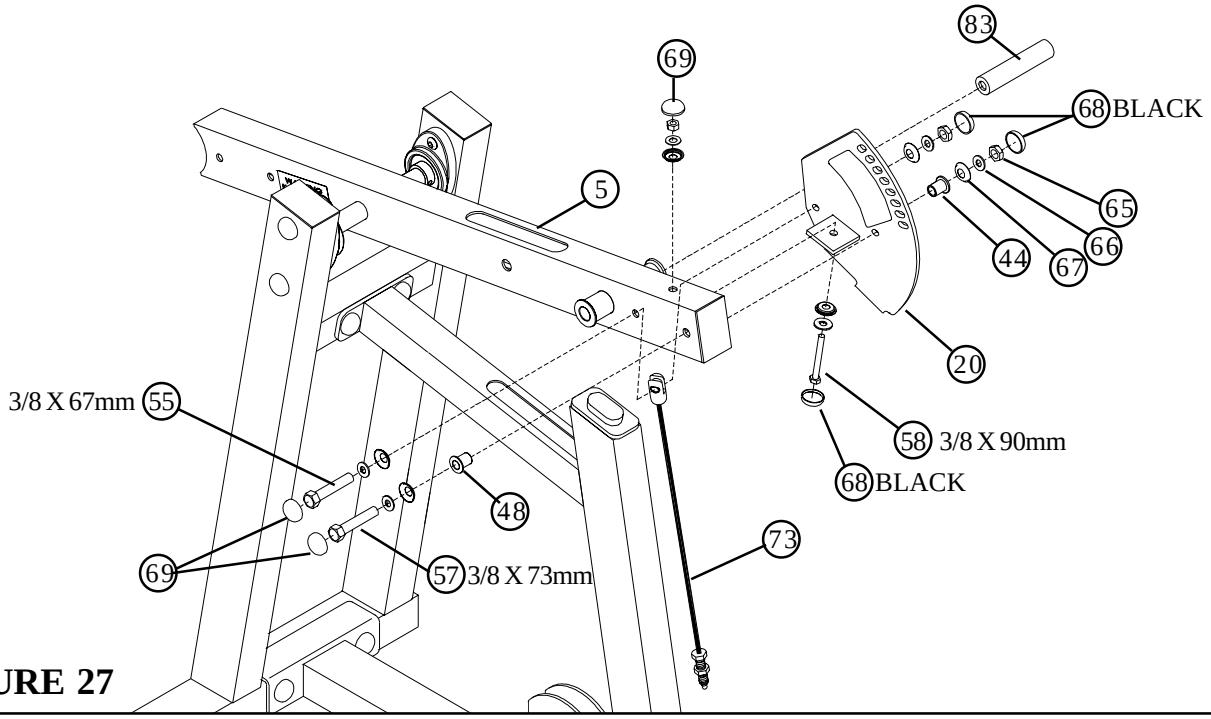


FIGURE 27

STEP 27:

- **SECURELY** assemble the MULTI PRESS ADJUST PLATE (20) to the PIVOT ARM (5) using three RH CAPS (69), three BLACK RH CAPS (68), one 3/8 X 67mm BOLTS (55), one 3/8 X 73mm BOLT (57), one 3/8 X 90mm BOLT (58), six 3/8" SAE WASHERS (66), six 3/8" RH WASHERS (67), one 3/8 X 3/4" FLANGE SPACER (48), one 3/8 X 1" FLANGE SPACER (44), one MULTI PRESS CABLE (73) and three 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 27. **(NOTE: Assemble the MULTI PRESS CABLE to the second set of holes.)**
- Insert one 5-1/2" TAPPED PIVOT SHAFT (83) into the PIVOT ARM (5).

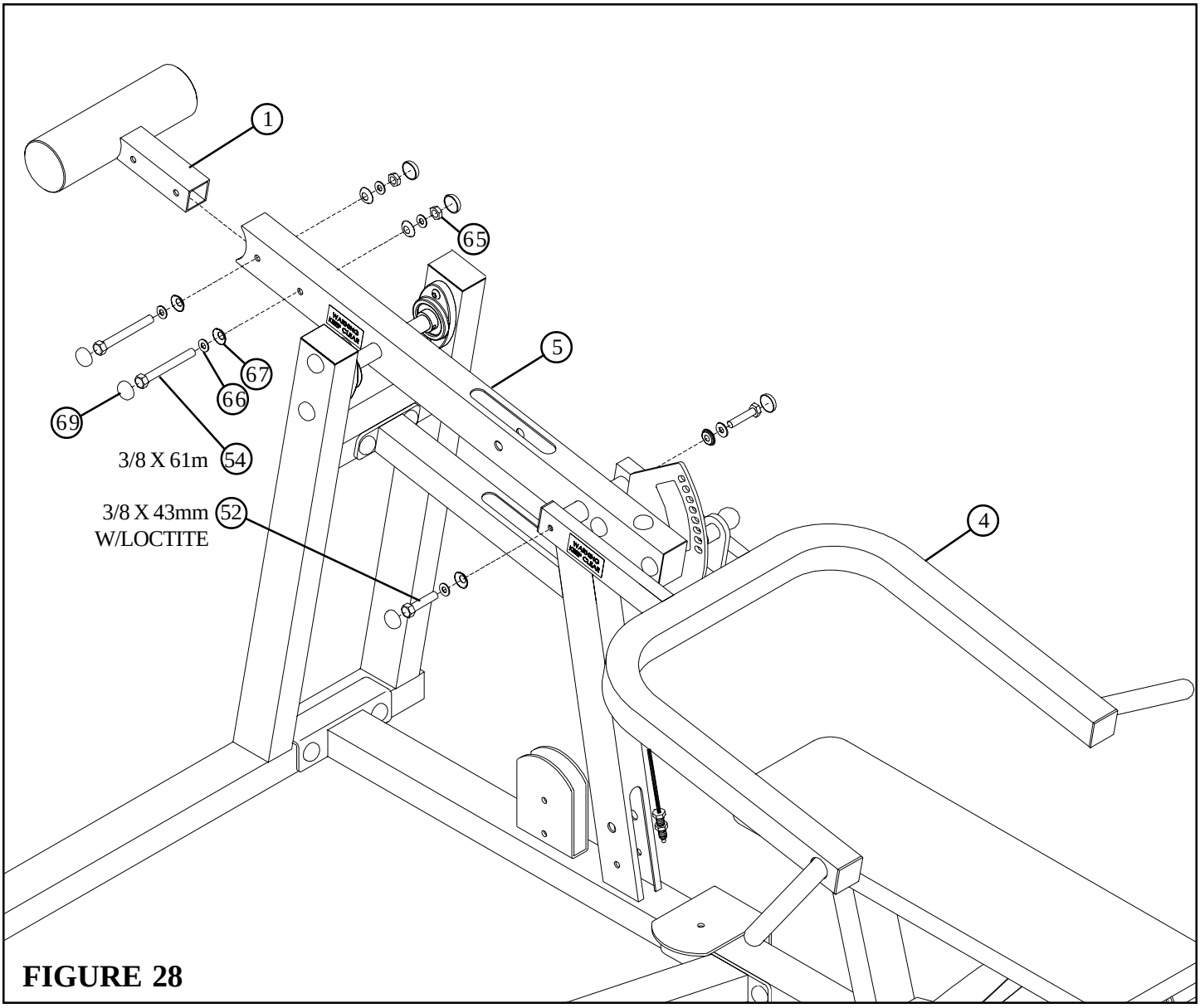


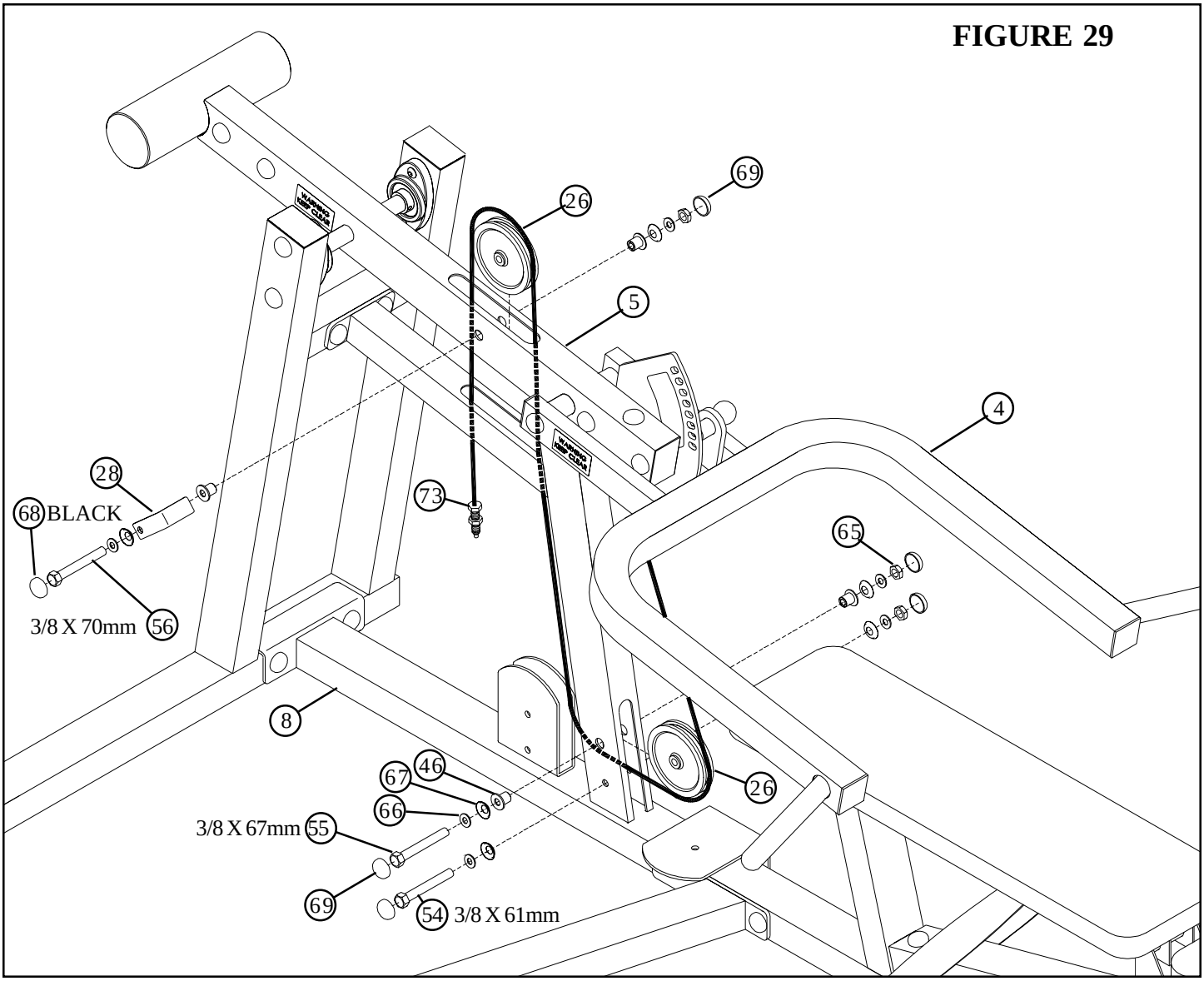
FIGURE 28

STEP 28:

- **SECURELY** assemble the PRESS ARM (4) to the PIVOT ARM (5) using two RH CAPS (69), two 3/8 X 43mm BOLTS W/LOCTITE (52), two 3/8" SAE WASHERS (66) and two 3/8" RH WASHERS (67) as shown in FIGURE 28.

- **SECURELY** assemble the COUNTERBALANCE (1) to the PIVOT ARM (5) using four RH CAPS (69), two 3/8 X 61mm BOLTS (54), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 28.

FIGURE 29

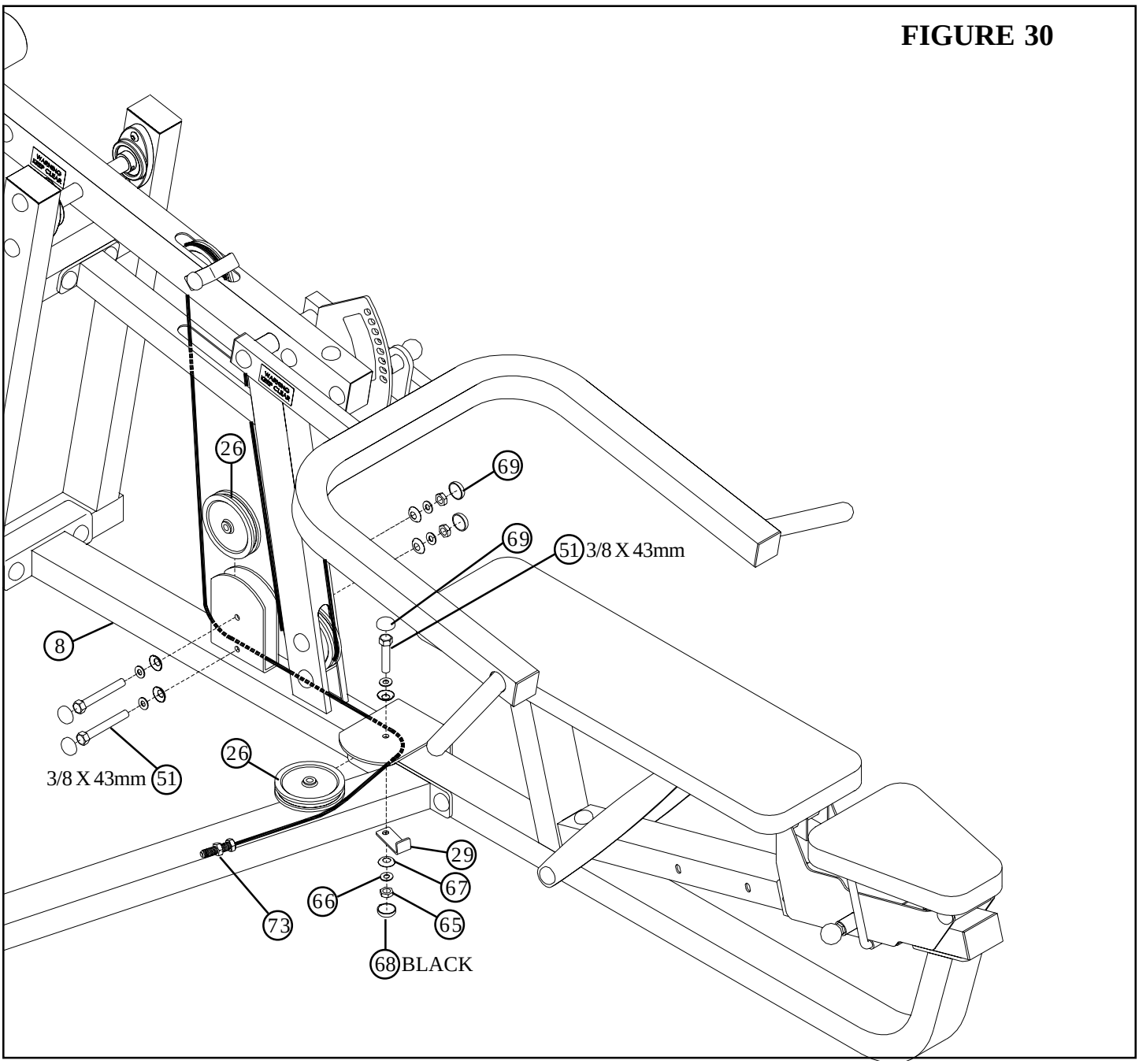


STEP 29:

- Route the MULTI PRESS CABLE (73) through the MULTI PRESS FRAME (8) and assemble one 4-1/2" PULLEY (26) to the FRAME (8) using four RH CAPS (69), one 3/8 X 67mm BOLT (55), one 3/8 X 61mm BOLT (54), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67), two 3/8 X 1/2" FLANGE SPACERS (46) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 29.

- Route the MULTI PRESS CABLE (73) through the MULTI PRESS FRAME (8) and PIVOT ARM (5) and assemble one 4-1/2" PULLEY (26) to the PIVOT ARM (5) using one BLACK RH CAP (68), one RH CAP (69), one 3/8 X 70mm BOLT (56), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 2-7/8" X 2-1/4" CABLE CLIP (28), two 3/8 X 1/2" FLANGE SPACERS (46) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 29.

FIGURE 30



STEP 30:

- Route the MULTI PRESS CABLE (73) through the bracket on the MULTI PRESS FRAME (8) and assemble one 4-1/2" PULLEY (26) to the FRAME (8) using four RH CAPS (69), two 3/8 X 43mm BOLTS (51), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 30.

- Route the MULTI PRESS CABLE (73) under the bracket on the MULTI PRESS FRAME (8) and assemble one 4-1/2" PULLEY (26) to the FRAME (8) using one BLACK RH CAP (68), one RH CAP (69), one 3/8 X 43mm BOLT (51), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 3-1/2 X 1" CABLE CLIP (29) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 30.

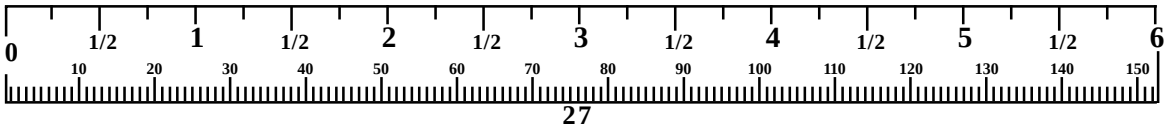
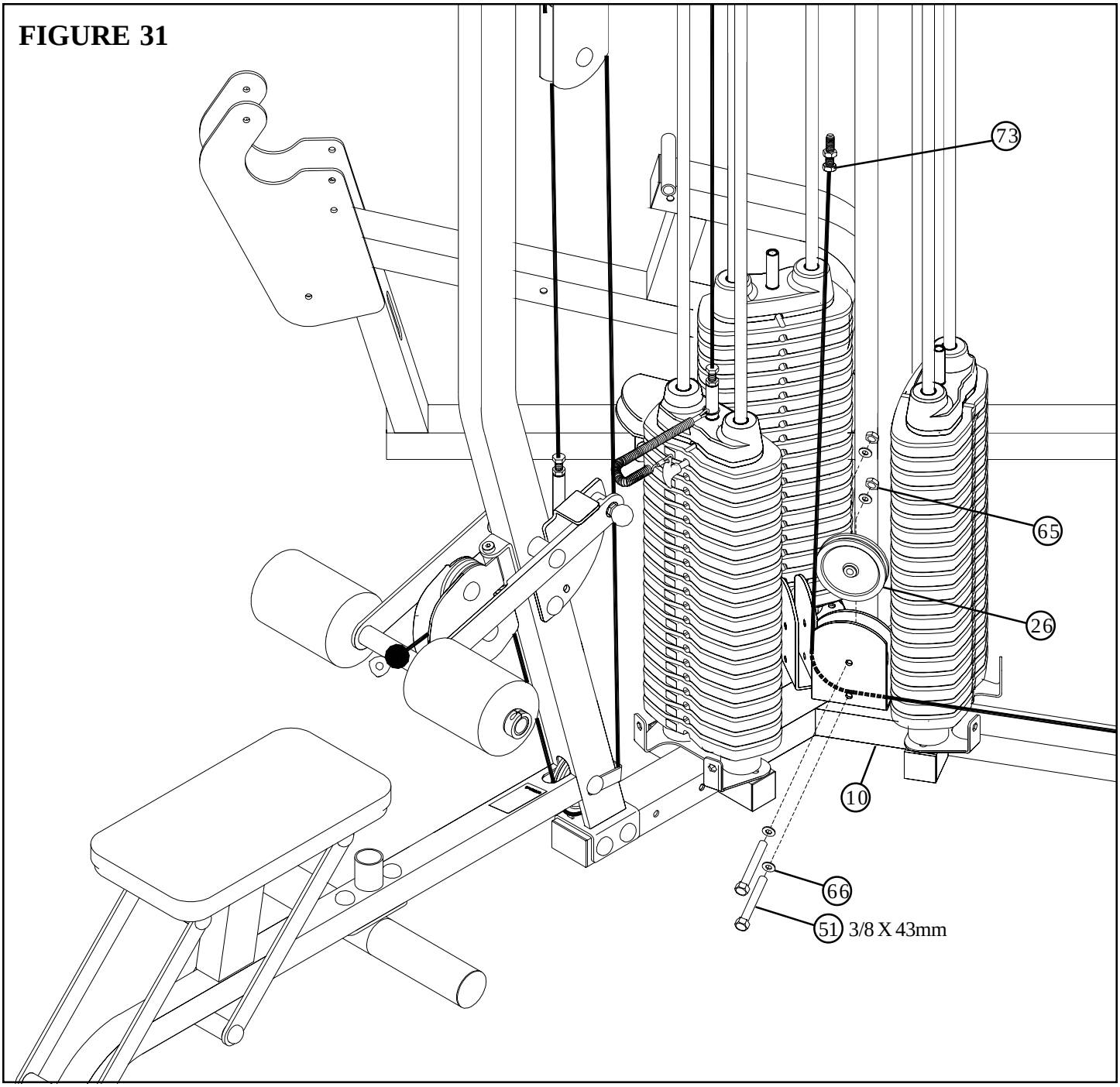


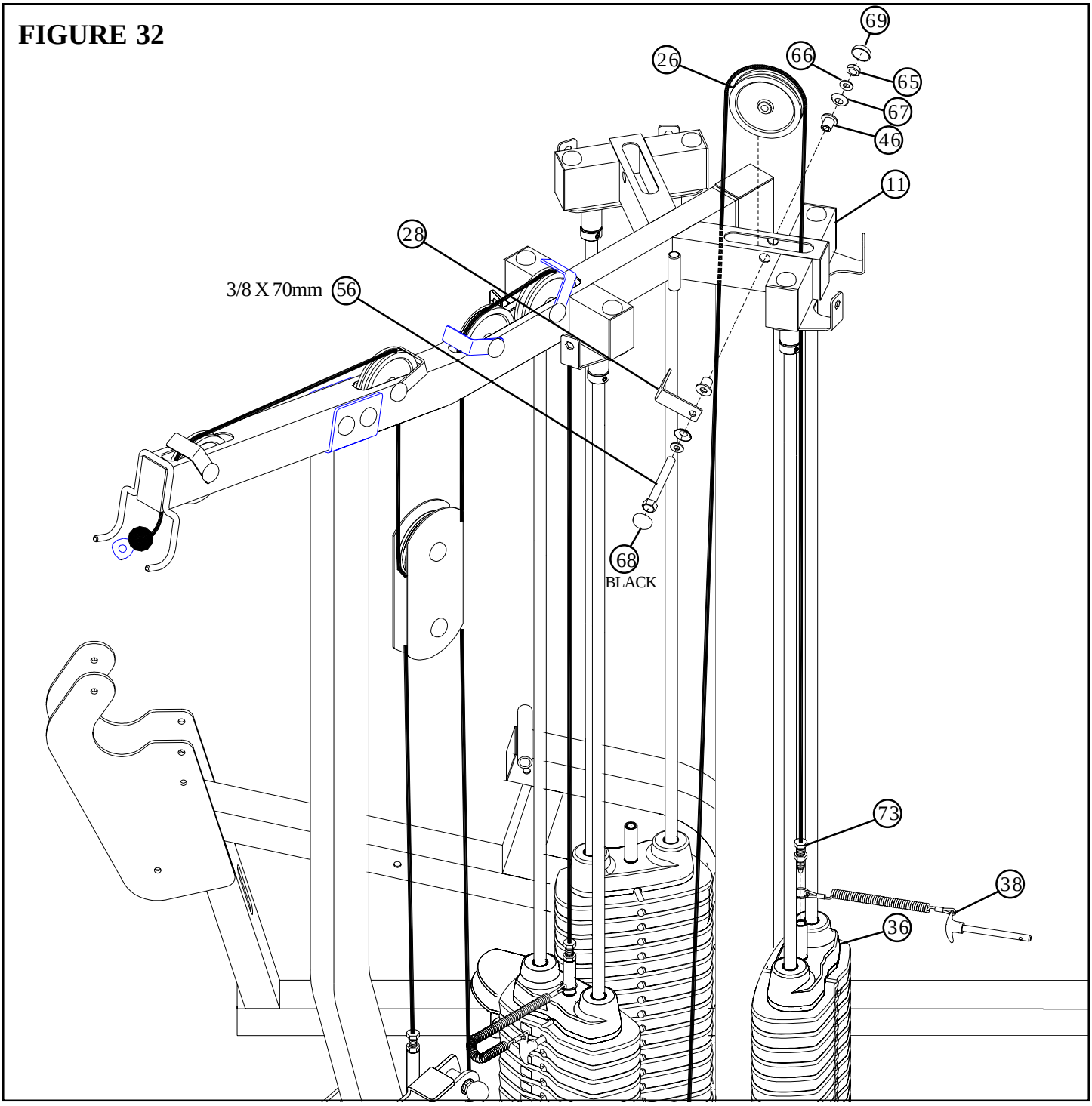
FIGURE 31



STEP 31:

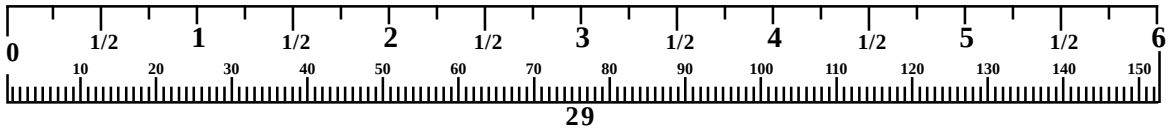
- Route the MULTI PRESS CABLE (73) under the weight stack and through the bracket on the TOWER BASE (10) and assemble one 4-1/2" PULLEY (26) to the TOWER BASE (10) using two 3/8 X 43mm BOLTS (51), four 3/8" SAE WASHERS (66) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 31.

FIGURE 32



STEP 32:

- Route the MULTI PRESS CABLE (73) through the LAT/LOW BOOM (11) and assemble one 4-1/2" PULLEY (26) to the BOOM (11) using one BLACK RH CAP (68), one RH CAP (69), one 3/8 X 70mm BOLT (56), two 3/8" SAE WASHERS (66), two 3/8" RH WASHERS (67), one 2-7/8" X 2-1/4" CABLE CLIP (28), two 3/8 X 1/2" FLANGE SPACERS (46) and one 3/8" LOW HEIGHT LOCK NUT (65) as shown in FIGURE 32.
- Slide one WEIGHT STACK PIN (38) over the stem on the HEAD PLATE (36) as shown in FIGURE 32.
- Screw the threaded end of the MULTI PRESS CABLE (73) all the way onto the end of the stem on the HEAD PLATE (36) and tighten jam nut securely. See FIGURE 32.



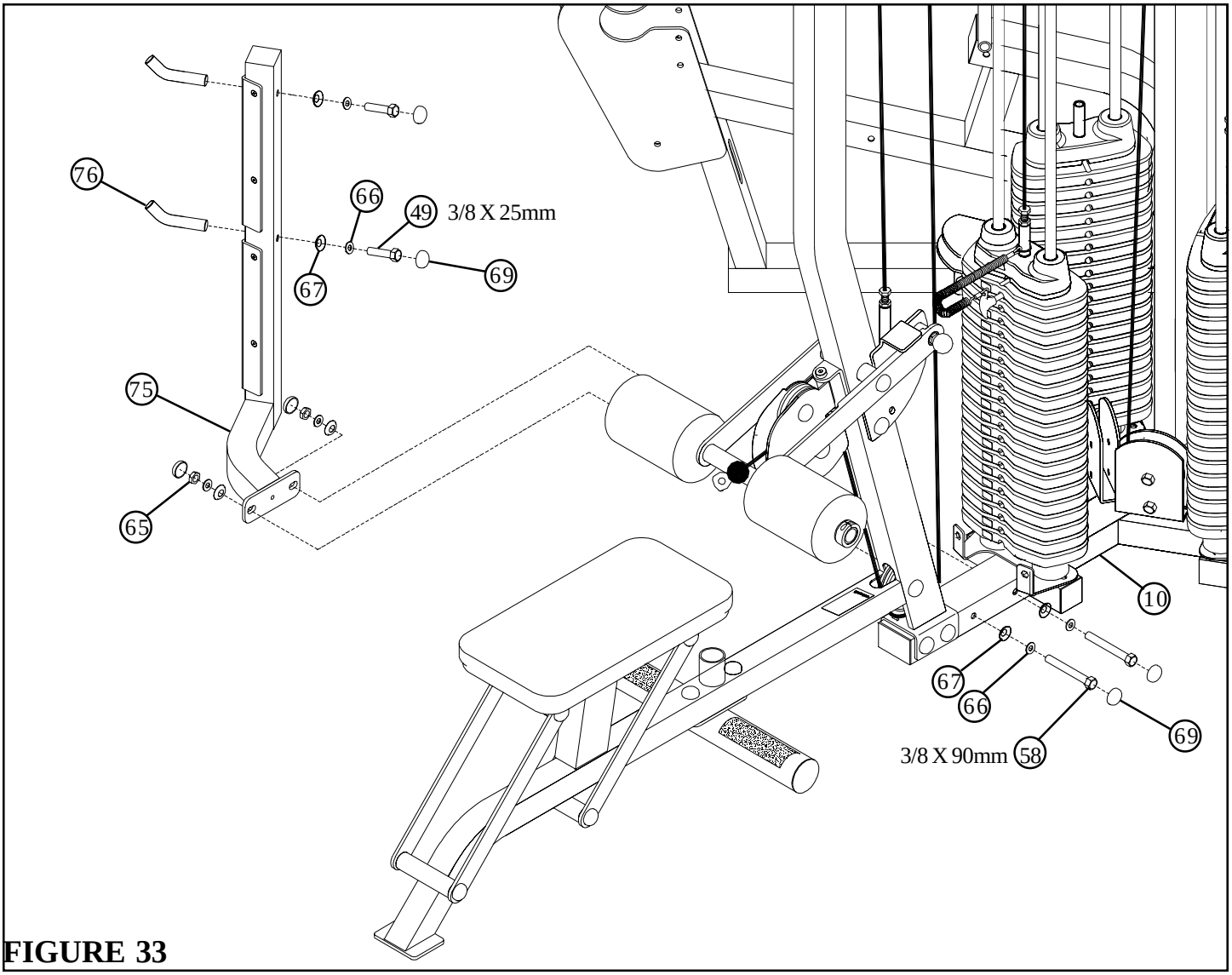


FIGURE 33

STEP 33:

- **SECURELY** assemble the STORAGE UPRIGHT (75) to the TOWER BASE (10) using four RH CAPS (69), two 3/8 X 90mm BOLTS (58), four 3/8" SAE WASHERS (66), four 3/8" RH WASHERS (67) and two 3/8" LOW HEIGHT LOCK NUTS (65) as shown in FIGURE 33.
- **SECURELY** assemble the STORAGE PEGS (76) to the STORAGE UPRIGHT (75) using two RH CAPS (69), two 3/8 X 25mm BOLTS (49), two 3/8" SAE WASHERS (66) and two 3/8" RH WASHERS (67) as shown in FIGURE 33.

- **Please refer to the LEG CURL/EXT PARTS LIST to complete the assembly of the LEG CURL/EXT.**

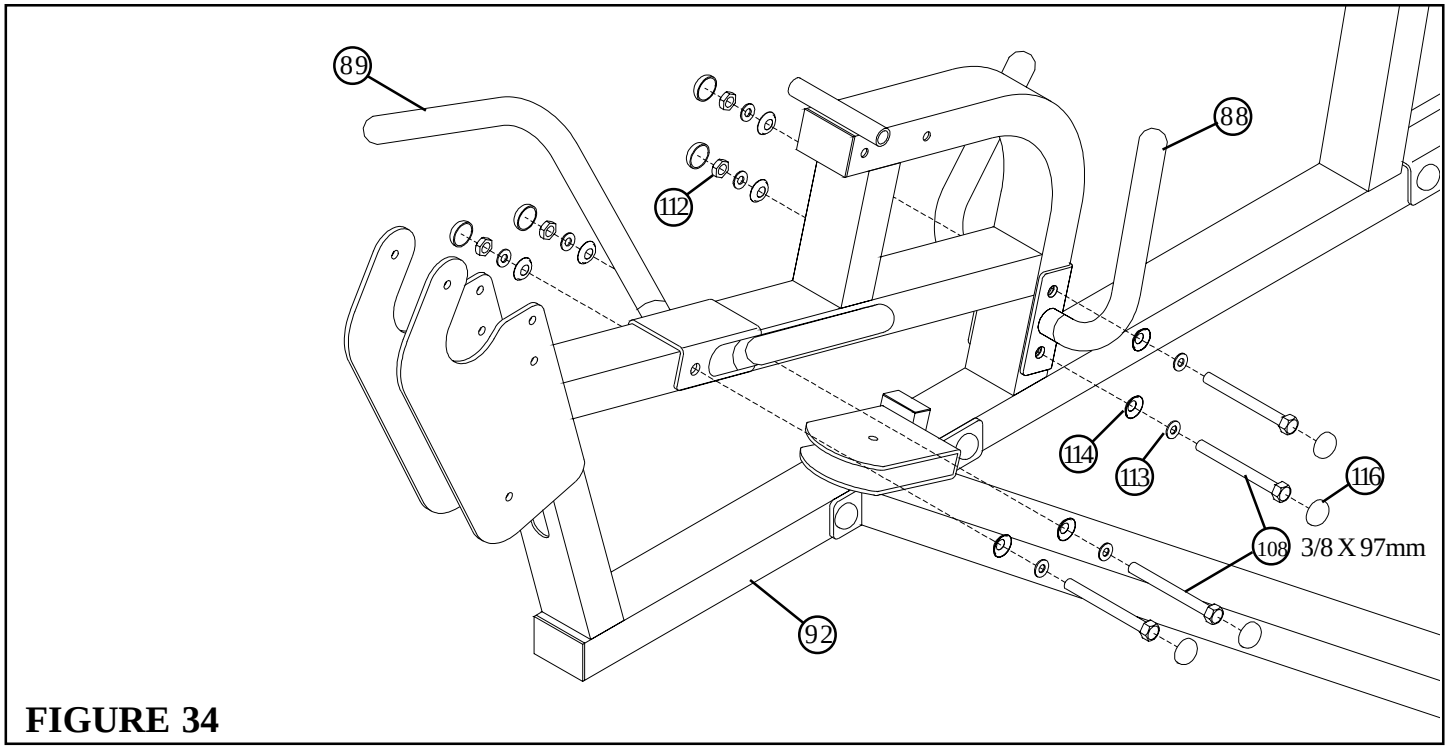


FIGURE 34

STEP 34:

- **SECURELY** assemble the LEG EXT HANDLE (89) and the LEG CURL HANDLE (88) to the LEG CURL/EXT FRAME (92) using eight RH CAPS (116), four 3/8 X 97mm BOLTS (108), eight 3/8" SAE WASHERS (113), eight 3/8" RH WASHERS (114) and four 3/8" LOW HEIGHT LOCK NUTS (112) as shown in FIGURE 34.

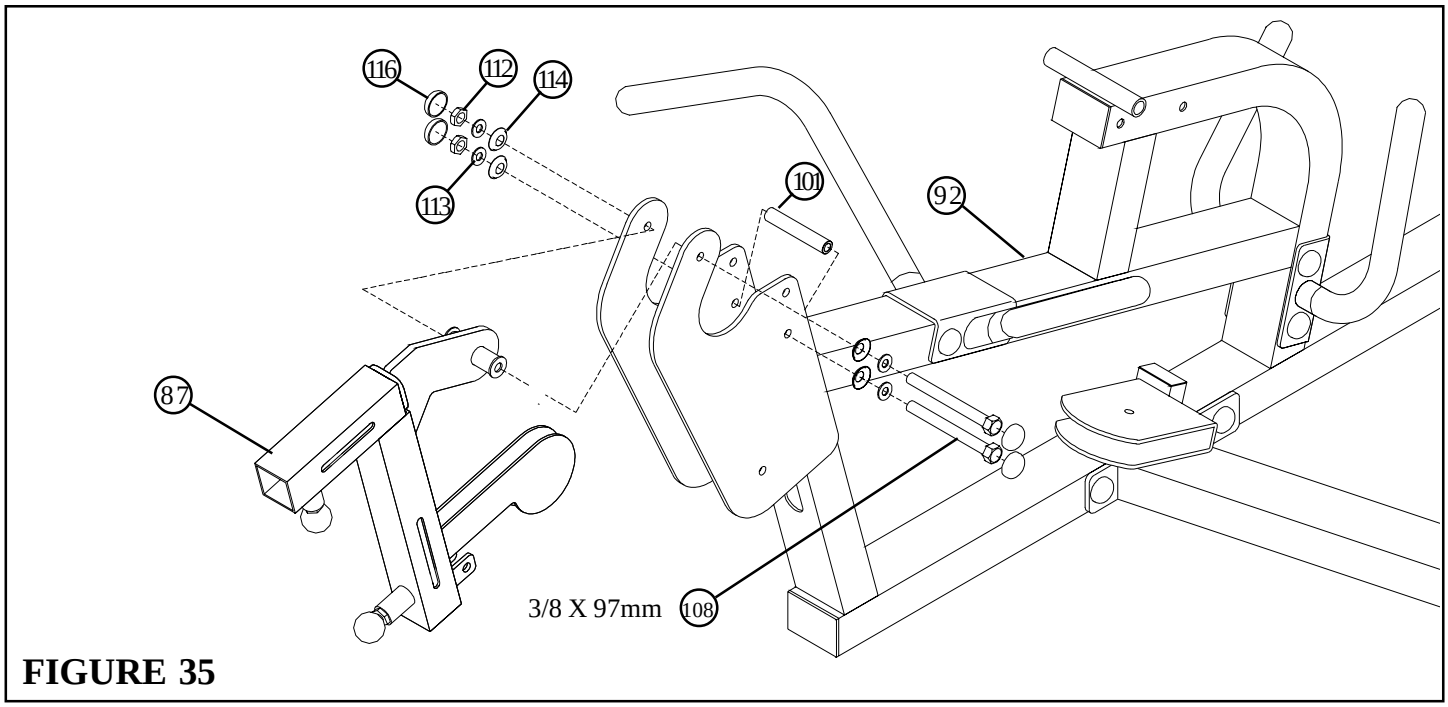


FIGURE 35

STEP 35:

- **SECURELY** assemble the LEG CURL/EXT PEDESTAL (87) to the LEG CURL/EXT FRAME (92) using four RH CAPS (116), two 3/8 X 97mm BOLTS (108), one 3/8 X 3" NYLON SPACERS (101), four 3/8" SAE WASHERS (113), four 3/8" RH WASHERS (114) and two 3/8" LOW HEIGHT LOCK NUTS (112) as shown in FIGURE 35.

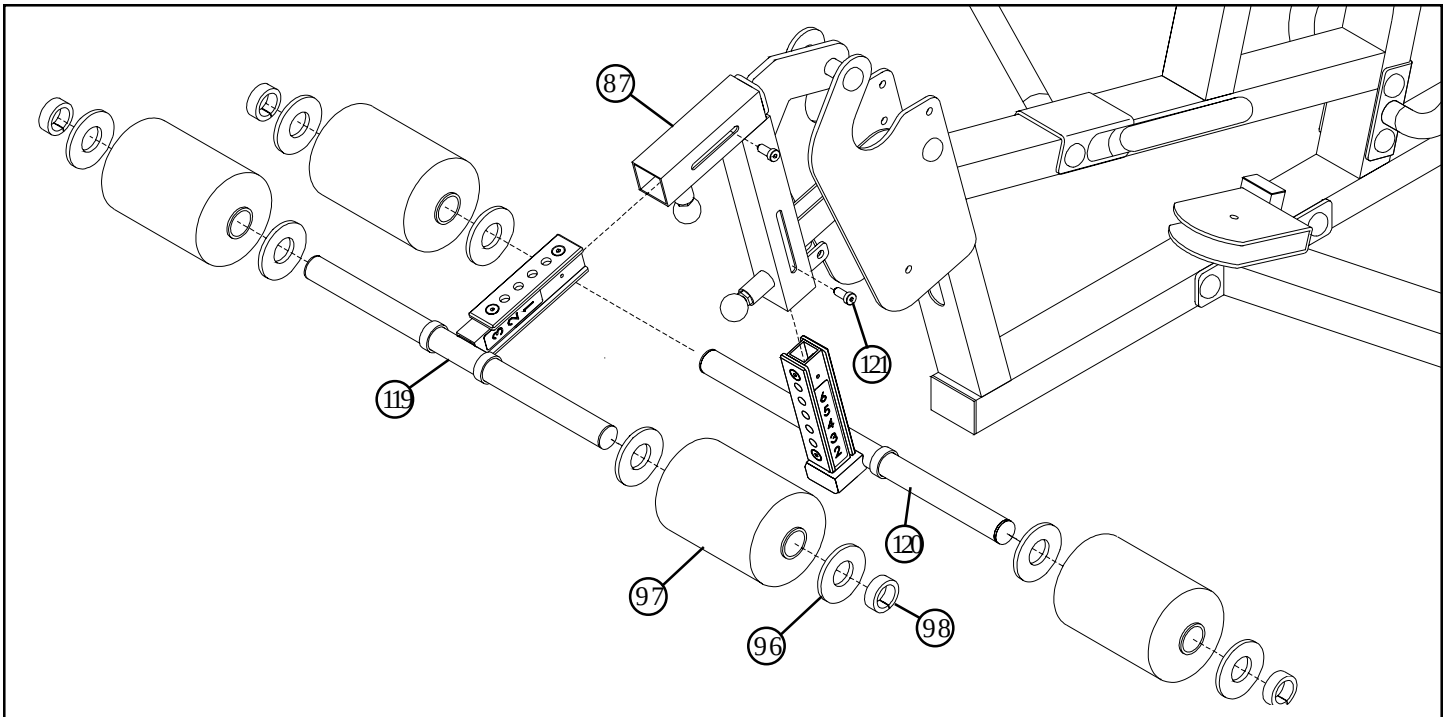


FIGURE 36

STEP 36:

- Pull back SPRING PINS and insert the LEG CURL ROLLER PAD SUPPORT (119) and the LEG EXTENSION ROLLER PAD SUPPORT (120) into the LEG CURL/EXT PEDESTAL (87) using two 5/16" X 1/2" SHOULDER BOLTS (121) as shown in FIGURE 36.
- Assemble four 5 X 8" ROLLER PADS (97) and eight 2-3/8" OD PLASTIC WASHERS (96) to the LEG CURL and LEG EXTENSION ROLLER PAD SUPPORTS (119 & 120) using four 1-1/4" SHAFT COLLARS (98) as shown in FIGURE 36.

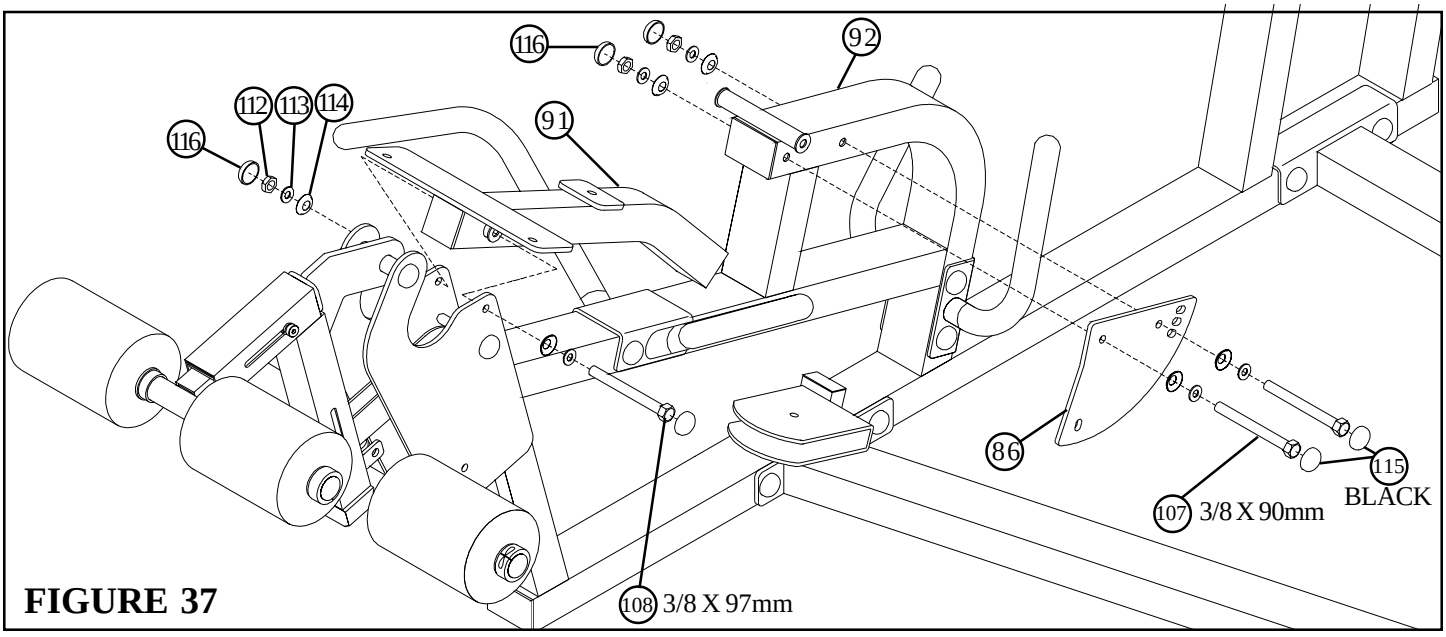


FIGURE 37

STEP 37:

- **SECURELY** assemble the LEG CURL/EXT ADJUST PLATE (86) to the LEG CURL/EXT FRAME (92) using two BLACK RH CAPS (115), two RH CAPS (116), two 3/8 X 90mm BOLTS (107), four 3/8" SAE WASHERS (113), four 3/8" RH WASHERS (114), and two 3/8" LOW HEIGHT LOCK NUTS (112) as shown in FIGURE 37.
- **SECURELY** assemble the LEG CURL/EXT SEAT (91) to the LEG CURL/EXT FRAME (92) using two RH CAPS (116), one 3/8 X 97mm BOLT (108), two 3/8" SAE WASHERS (113), two 3/8" RH WASHERS (114), and one 3/8" LOW HEIGHT LOCK NUT (112) as shown in FIGURE 37. **(NOTE: Tighten connections enough to remove play, yet allowing the part to rotate freely.)**

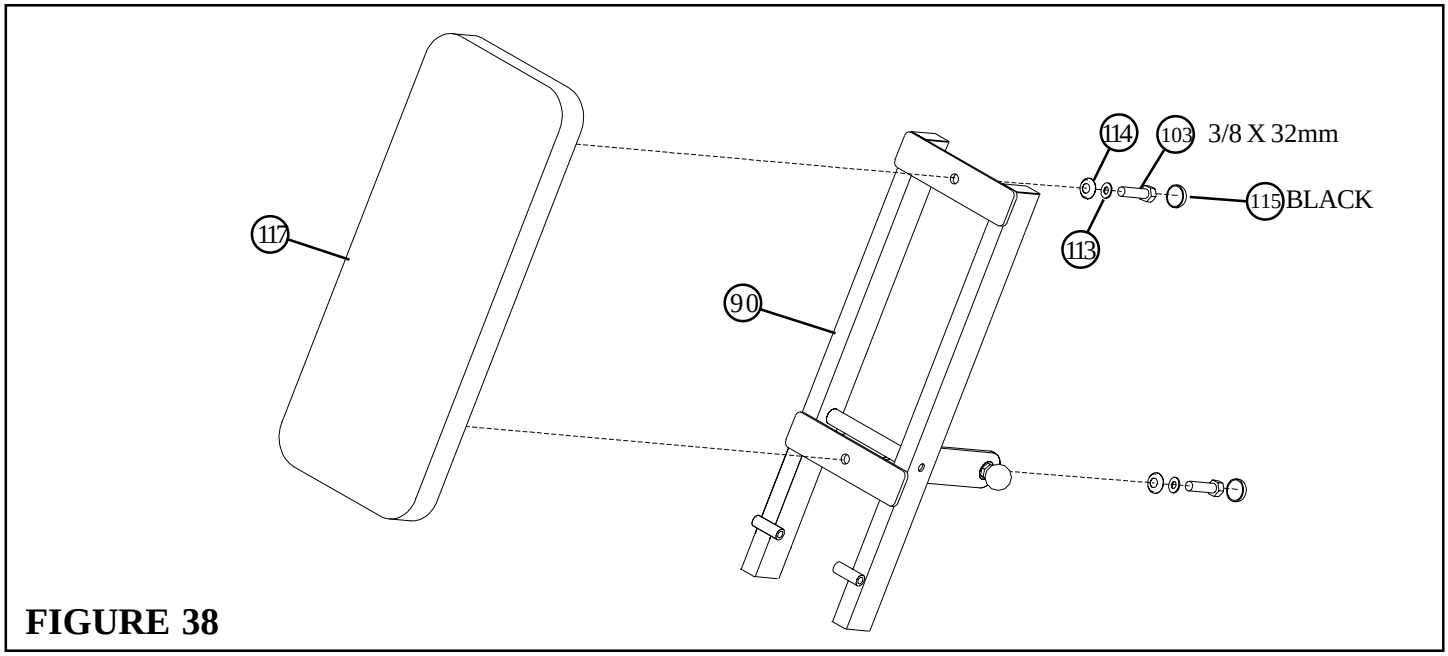


FIGURE 38

STEP 38:

- **SECURELY** assemble the LEG CURL/EXT BACK PAD (117) to the LEG CURL/EXT BACK (90) using two BLACK RH CAPS (115), two 3/8 X 32mm BOLTS (103), two 3/8" SAE WASHERS (113) and two 3/8" RH WASHERS (114) as shown in FIGURE 38.

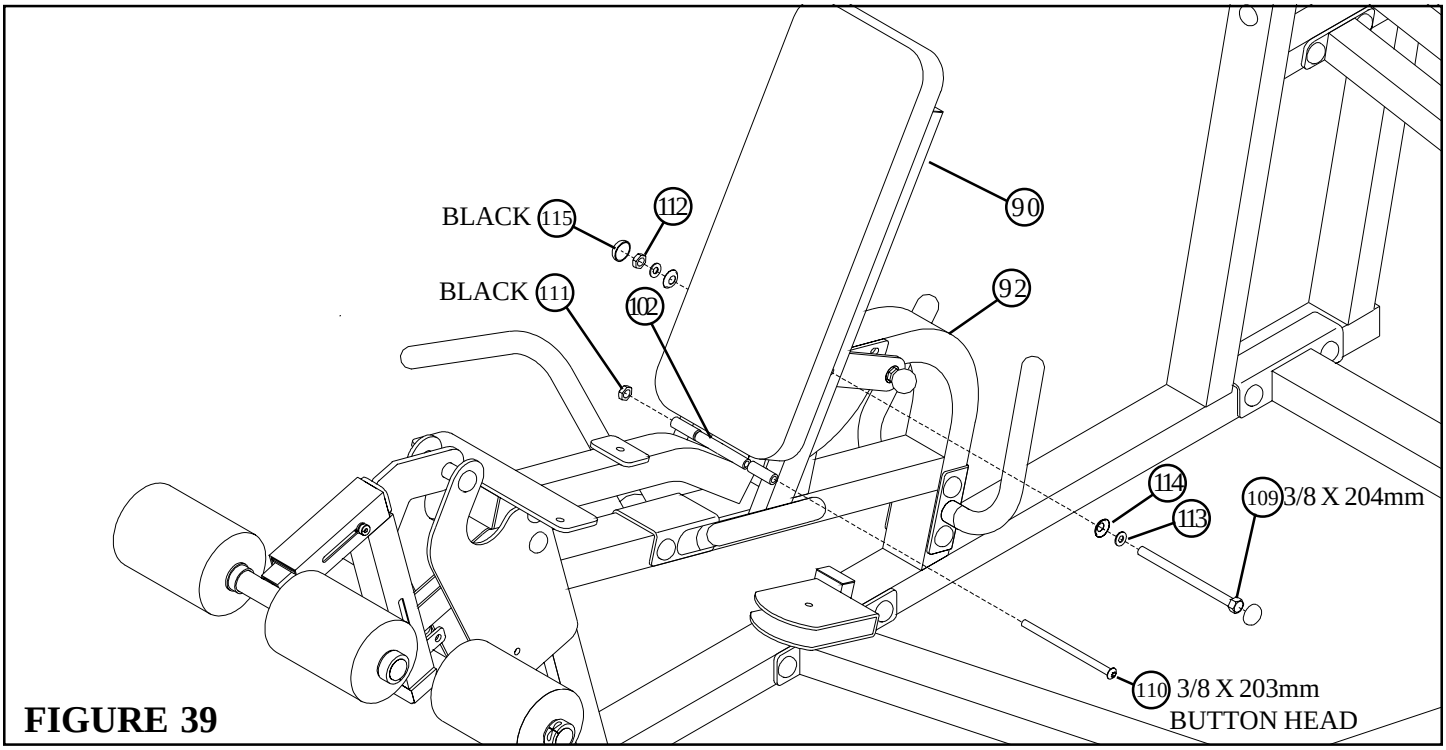
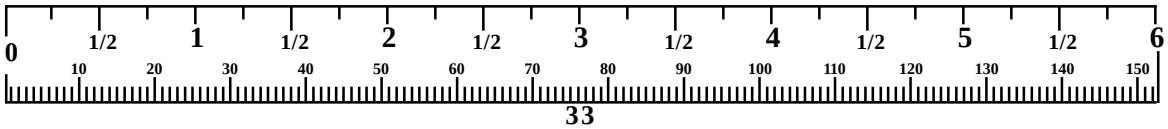


FIGURE 39

STEP 39:

- **SECURELY** assemble one 3/8 X 4" NYLON SPACER (102) between the bushings on the LEG CURL/EXT BACK (90) using one 3/8 X 203mm BUTTON HEAD BOLT (110) and one 3/8" BLACK LOCK NUT (111) as shown in FIGURE 39.
- **SECURELY** assemble the LEG CURL/EXT BACK (90) to the LEG CURL/EXT FRAME (92) using two BLACK RH CAPS (115), one 3/8 X 204mm BOLT (109), two 3/8" SAE WASHERS (113), two 3/8" RH WASHERS (114), and one 3/8" LOW HEIGHT LOCK NUT (112) as shown in FIGURE 39.



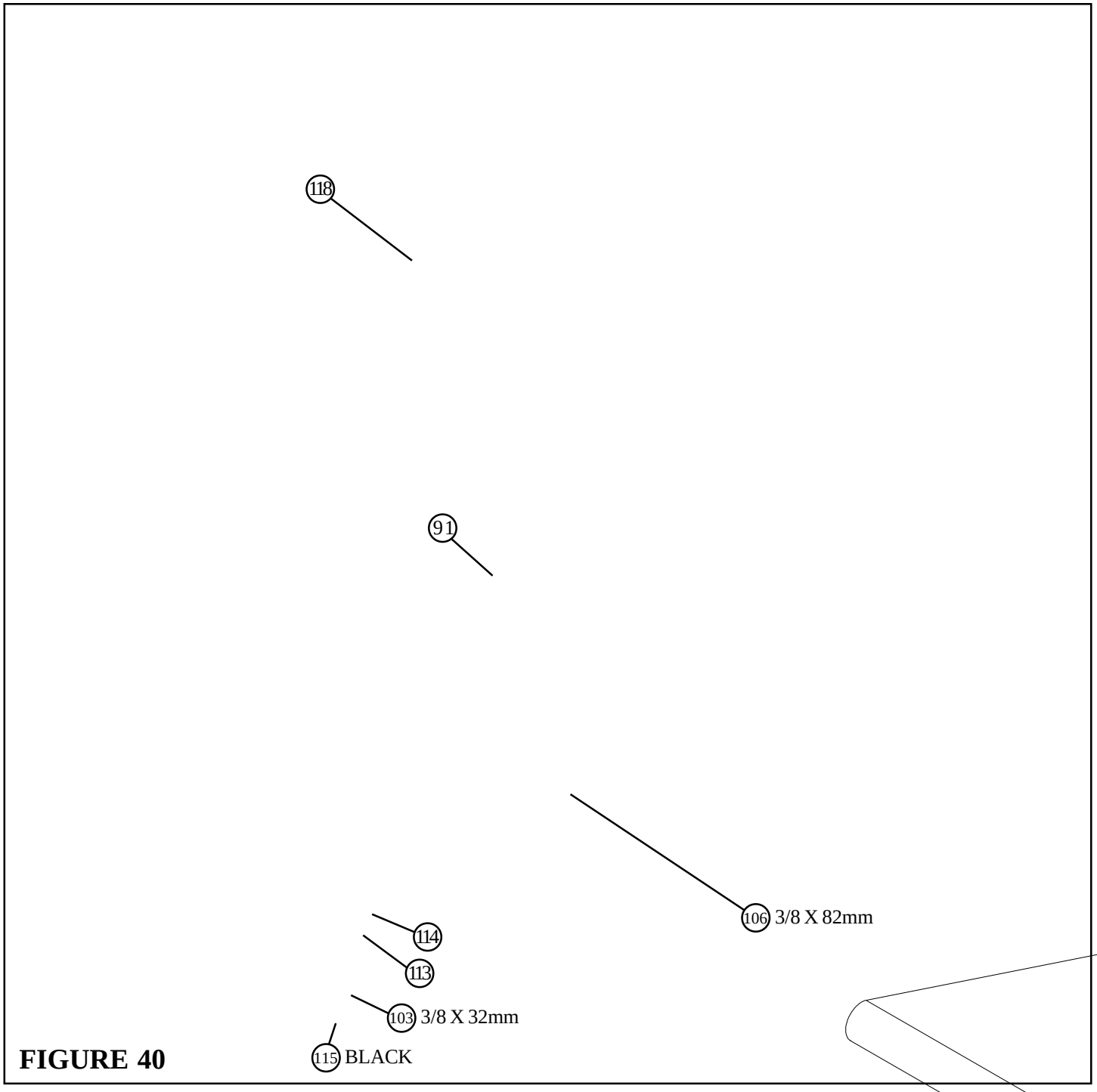
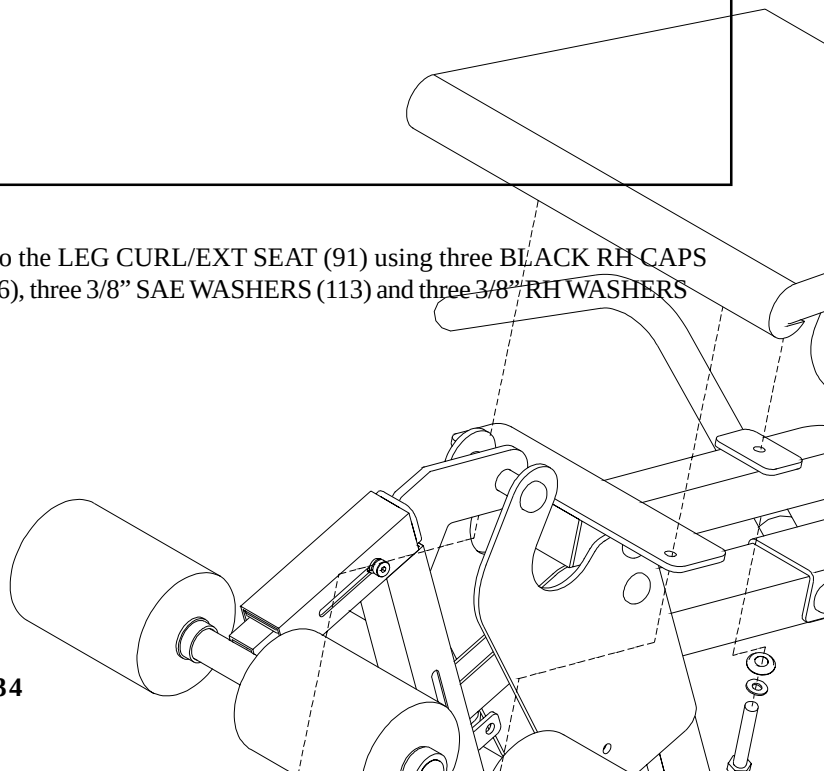


FIGURE 40

STEP 40:

- **SECURELY** assemble the LEG CURL/EXT SEAT PAD (118) to the LEG CURL/EXT SEAT (91) using three BLACK RH CAPS (115), two 3/8 X 32mm BOLTS (103), one 3/8 X 82mm BOLT (106), three 3/8" SAE WASHERS (113) and three 3/8" RH WASHERS (114) as shown in FIGURE 40.



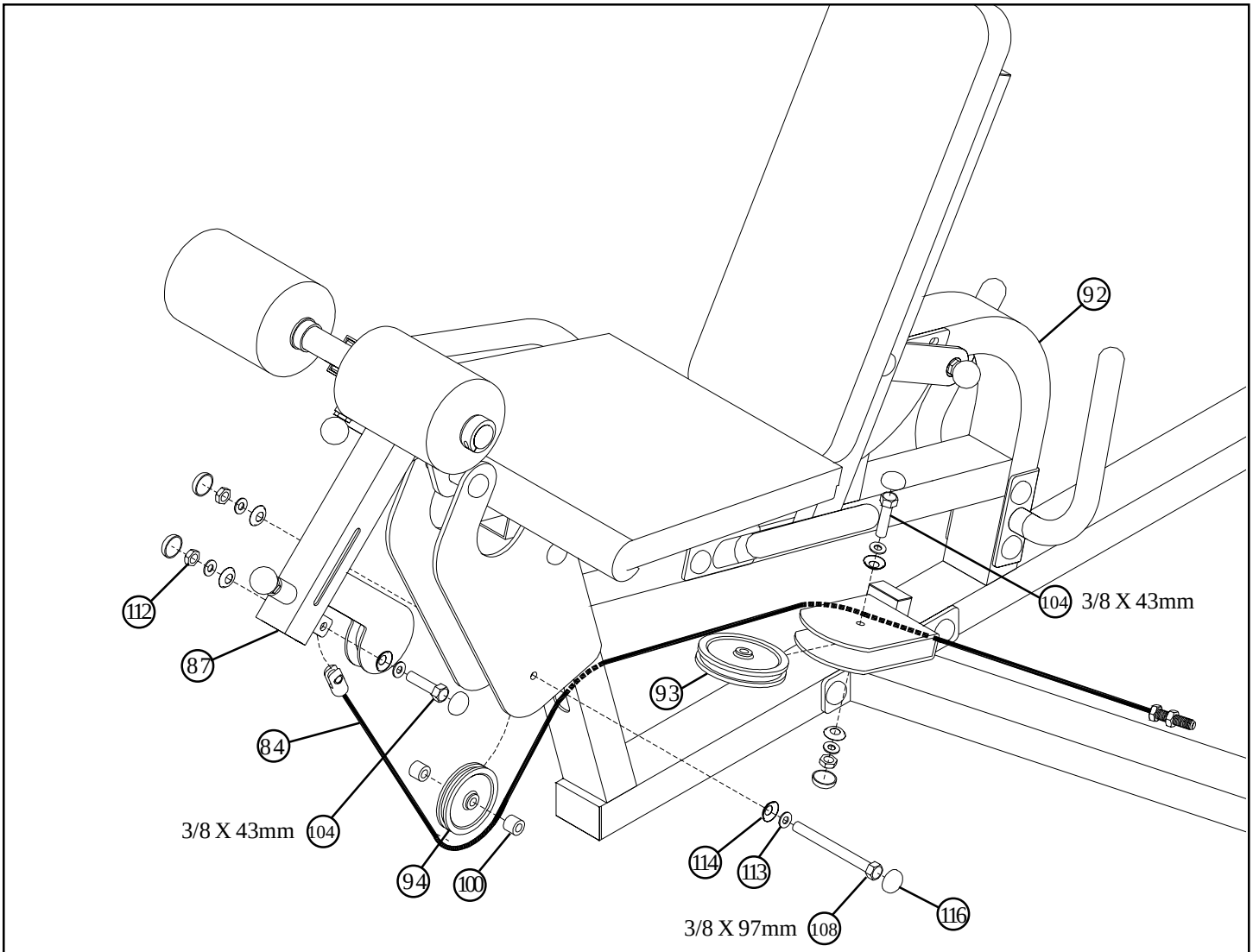


FIGURE 41

STEP 41:

- Assemble the LEG CURL/EXT CABLE (84) to the LEG CURL/EXT PEDESTAL (87) two RH CAPS (116), one 3/8 X 43mm BOLTS (104), two 3/8" SAE WASHERS (113), two 3/8" RH WASHERS (114) and one 3/8" LOW HEIGHT LOCK NUT (112) as shown in FIGURE 41.

- Route the LEG CURL/EXT CABLE (84) through the LEG CURL/EXT FRAME (92) and assemble one 3-1/2" PULLEY (94) to the FRAME (92) using two RH CAPS (116), one 3/8 X 97mm BOLT (108), two 3/8 X 1" SPACERS (100), two 3/8" SAE WASHERS (113), two 3/8" RH WASHERS (114) and one 3/8" LOW HEIGHT LOCK NUT (112) as shown in FIGURE 41.

- Route the LEG CURL/EXT CABLE (84) through the bracket on the LEG CURL/EXT FRAME (92) and assemble one 4-1/2" PULLEY (93) to the bracket on the FRAME (92) using two RH CAPS (116), one 3/8 X 43mm BOLT (104), two 3/8" SAE WASHERS (113), two 3/8" RH WASHERS (114) and one 3/8" LOW HEIGHT LOCK NUT (112) as shown in FIGURE 41.

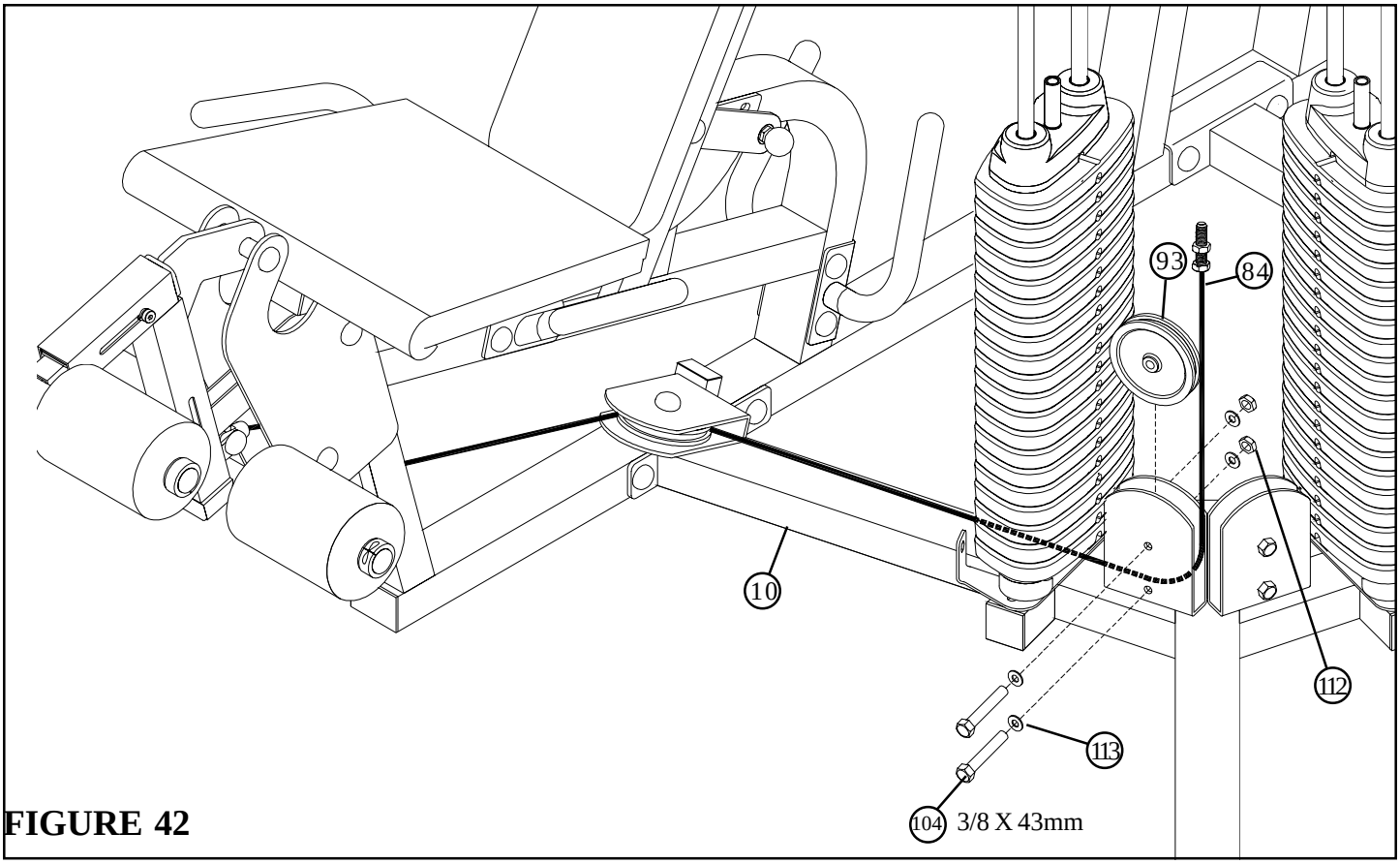


FIGURE 42

STEP 42:

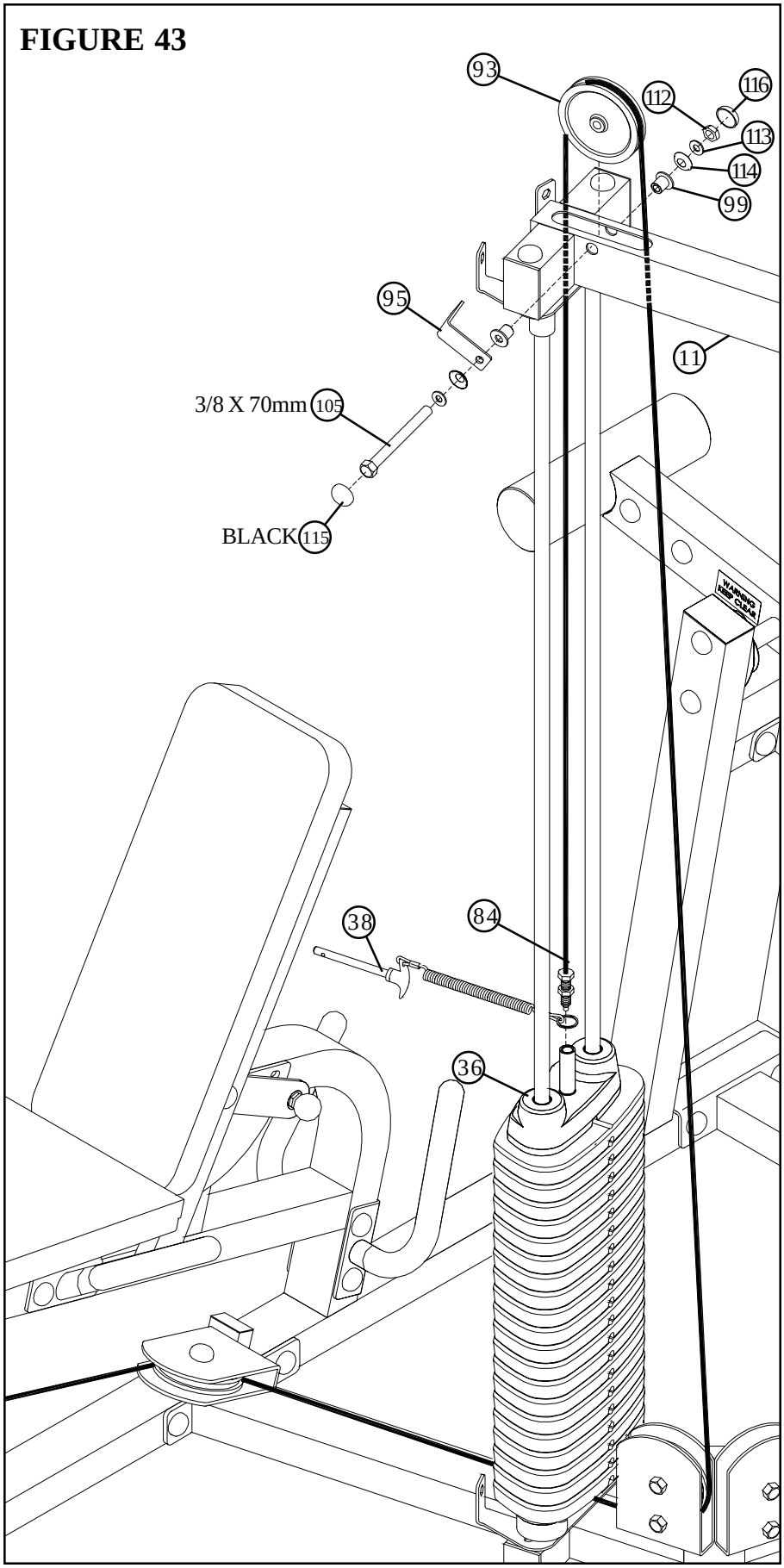
- Route the LEG CURL/EXT CABLE (84) under the weight stack and through the bracket on the TOWER BASE (10) and assemble one 4-1/2" PULLEY (93) to the TOWER BASE (10) using two 3/8 X 43mm BOLTS (104), four 3/8" SAE WASHERS (113) and two 3/8" LOW HEIGHT LOCK NUTS (112) as shown in FIGURE 42.

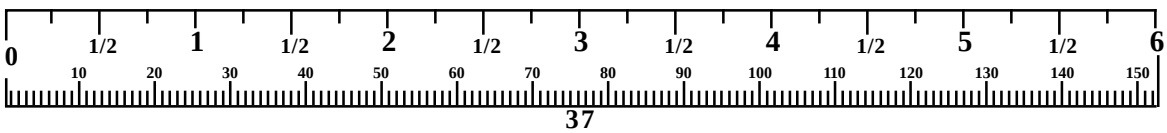
STEP 43:

- Route the LEG CURL/EXT CABLE (84) through the LAT/LOW ROW BOOM (11) and assemble one 4-1/2" PULLEY (93) to the BOOM (11) using one BLACK RH CAP (115), one RH CAP (116), one 3/8 X 70mm BOLT (105), two 3/8" SAE WASHERS (113), two 3/8" RH WASHERS (114), one 2-7/8 X 2-1/4" CABLE CLIP (95), two 3/8" X 1/2" FLANGE SPACERS (99) and one 3/8" LOW HEIGHT LOCK NUT (112) as shown in FIGURE 43.
- Slide one WEIGHT STACK SELECTOR PIN (38) over the shaft on the HEAD PLATE (36) as shown in FIGURE 43.
- Screw the threaded end of the LEG CURL/EXT CABLE (84) all the way onto the end of the shaft on the HEAD PLATE (36) and tighten jam nut securely. See FIGURE 43.

- **Please refer back to the MAIN UNIT PARTS LIST to complete assembly.**

FIGURE 43





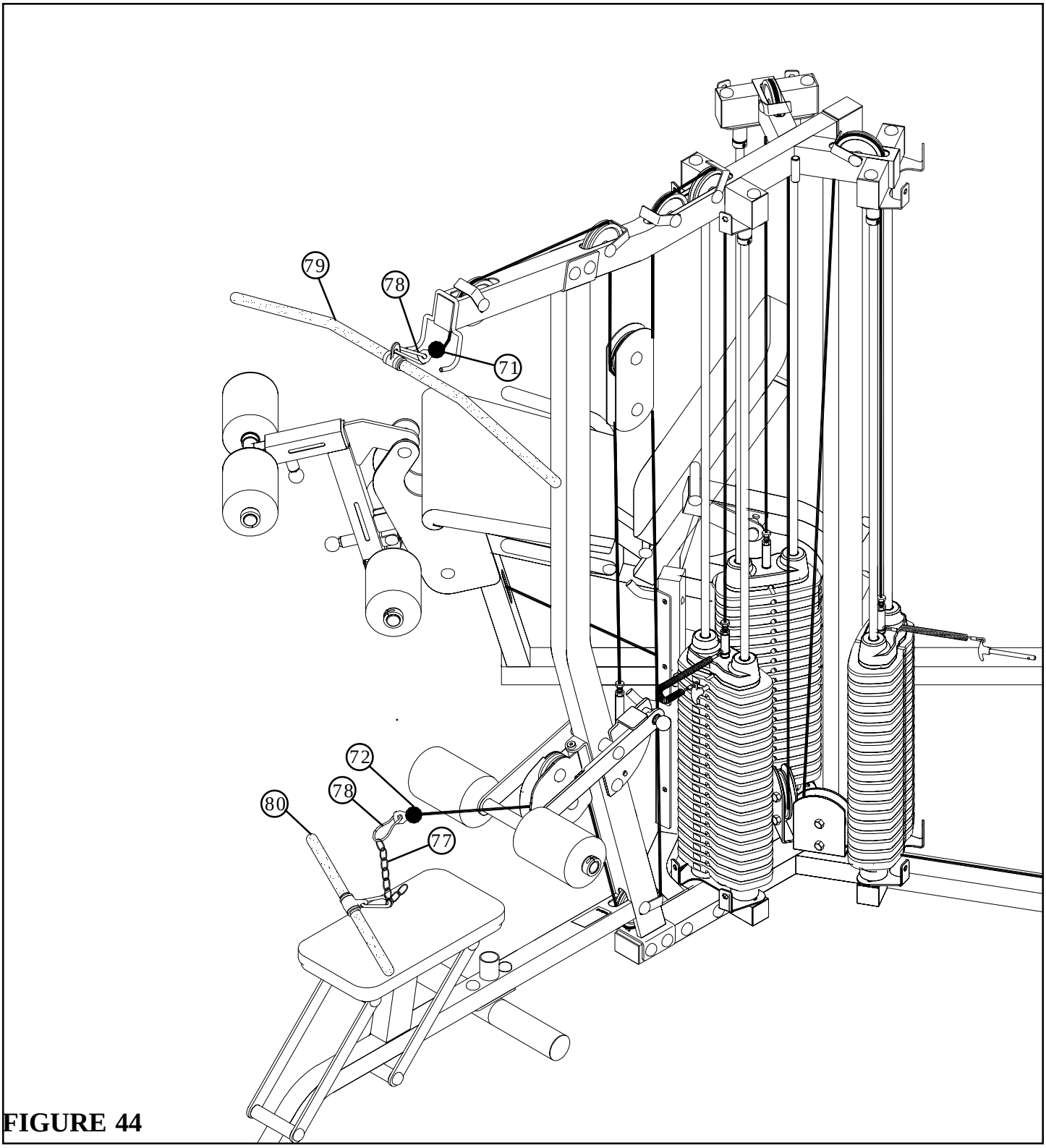


FIGURE 44

STEP 44:

- Assemble the LOW ROW BAR (80) to the ROW CABLE (72) using two SNAP LINKS (78) and one 12-LINK CHAIN (77) as shown in FIGURE 44.
- Assemble the LAT BAR (79) to the LAT CABLE (71) using one SNAP LINK (78) as shown in FIGURE 44.

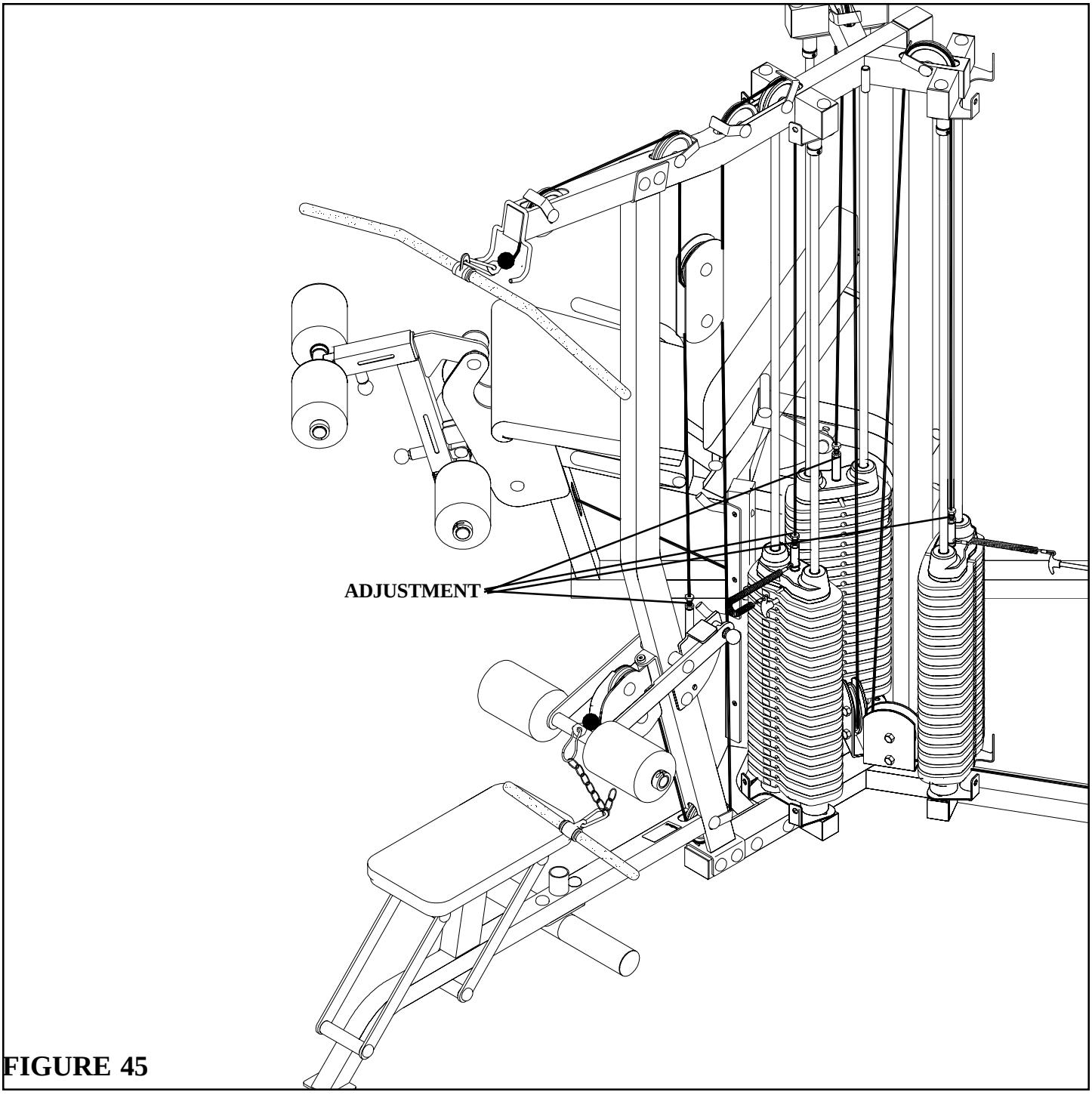
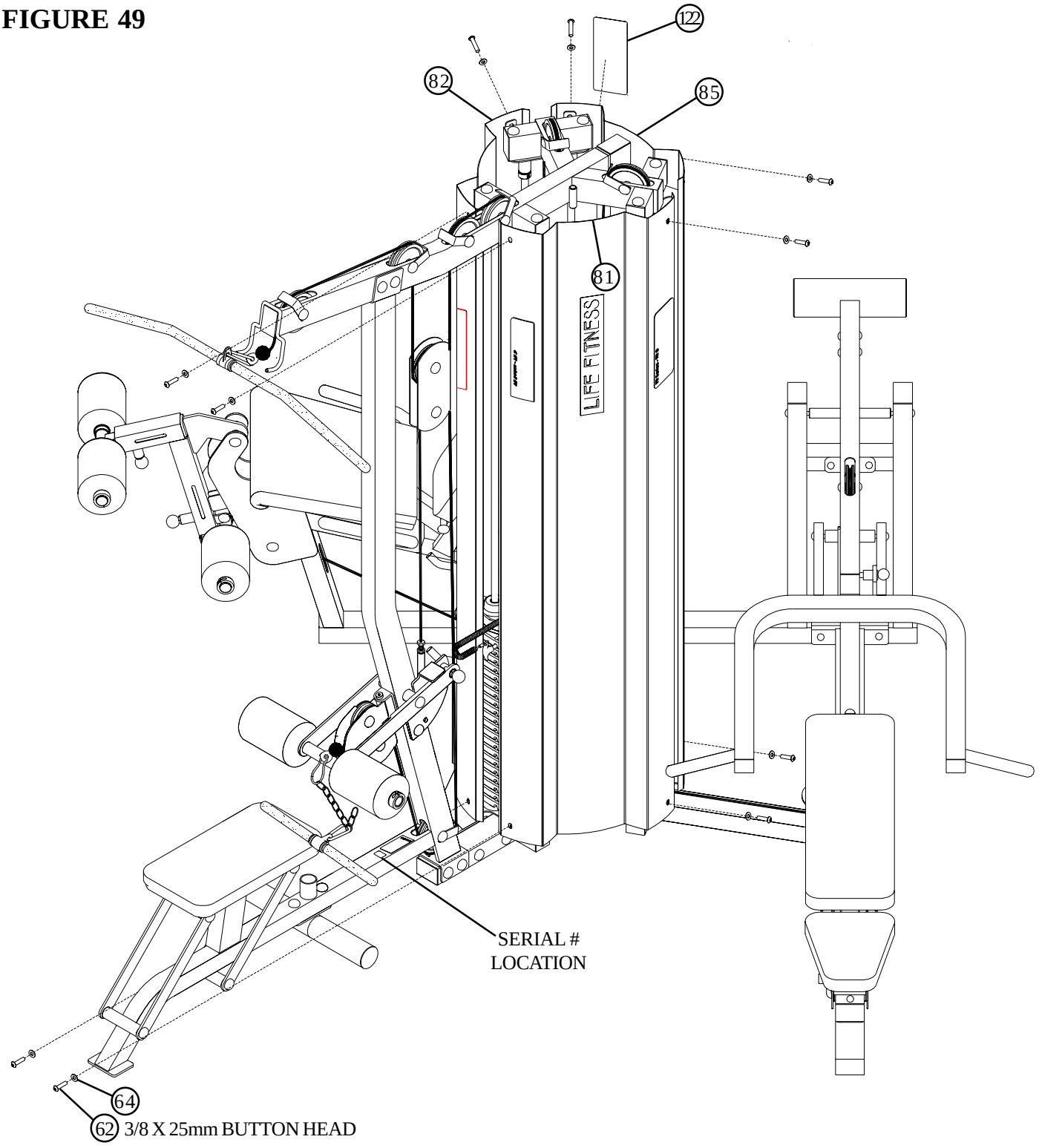


FIGURE 45

STEP 45:

- Adjustments can be made in the above locations to set the correct amount of tension in the cables.
- If upon completion of assembly, the HEAD PLATE (36) does not sit on top of the first WEIGHT PLATE (34), push the HEAD PLATE (36) down, insert the WEIGHT STACK PIN (38) and perform several repetitions. This will relax the cable system and prevent the HEAD PLATE (36) from lifting up. See FIGURE 45.
- If after completing the previous step, the HEAD PLATE (36) still does not sit on top of the first WEIGHT PLATE (34) or if there is excess slack in the cable system, adjust the threaded ends of the CABLES attached to the HEAD PLATE (36) and the 3/4 X 3-1/8" TAPPED SHAFT (30) accordingly and retighten the jam nuts. See FIGURE 45.
- For maximum performance, the HEAD PLATE (36) should just barely sit on the top WEIGHT PLATE (34).

FIGURE 49



STEP 46:

- **SECURELY** assemble the MULTI-PRESS SHROUD (81), LAT SHROUD (82), and LEG CURL/EXT SHROUD (85) to the SHROUD BRACKETS (15 & 16) using twelve 3/8 X 25mm BUTTON HEAD BOLTS (62) and twelve 3/8" BLACK SAE WASHERS (64) as shown in FIGURE 46.
- Assemble the LEG CURL/EXT PLACARD (122) to the LEG CURL/EXT SHROUD (85) as shown in FIGURE 46.

Thank you for purchasing the LifeFitness FIT 3. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.

CAUTION-PLEASE READ

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. Consult your physician before beginning any exercise program.

WARRANTY INFORMATION

10 YEARS	STRUCTURUAL FRAME
1 YEAR	PILLOW BLOCKS, PULLEYS, WEIGHT PLATES AND GUIDE RODS
1 YEAR	CABLES
90 DAYS	UPHOLSTERY

PREVENTATIVE MAINTENANCE TIPS

Action	*DAILY*	*WEEKLY*	*QUARTERLY*	*BI-ANNUALLY*	*AS NEEDED*
CLEAN					
Upholstery	X				
Guide Rods					X
Hand Grips					X
INSPECT					
Visual Overall	X				
Cables		X			
Hardware			X		
Frame				X	
Hand Grips					X
LUBRICATE					
Guide Rods					X

Clean:

- Upholstery with mild soap and water.
- Guide rods with a cotton cloth.
- Hand grips with mild soap and water.
- Frame damage can be repaired with touch-up paint can be purchased from your LifeFitness customer service representative at (800) 351-3737

Inspect:

- Cables for wear or damage and proper tension (should not exceed 3/4" deflection.) Pay close attention at bends and attachment points.
- Hardware should be checked for looseness. Tighten as required.
- Frames should be inspected for wear or damage.
- Hand Grips should be checked for wear or damage

Lubricate:

- Lube the Guide Rods. Apply the lubricant to a cotton cloth, then run the cotton cloth up and down the guide rods as needed. Do not spray lubricant directly on the Guide Rods.

Thank you for purchasing the LifeFitness CLUB SERIES FIT-3. If unsure of proper use of equipment, call your local LifeFitness distributor or call the LifeFitness customer service department at (800) 351-3737.